People
EXCLUSIVE

HARRY & MEGHAN

Their Side *of* the Story

FRIENDS SPEAK OUT IN A BOMBSHELL NEW BOOK

People

Regis Philbin

1931-2020

Goodbye *to a* Legend

August 10, 2020

The beloved host won America's hearts and changed TV forever: **'He made everybody laugh,'** his dear friend and longtime cohost Kathie Lee Gifford tells *People*

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chatter

August 10, 2020

‘There’s only so many movies you can watch and packets of Monster Munch you can eat’

–ED SHEERAN, on filling his downtime with painting, at the Hay House Chasing the Present Summit

‘It’s been a beautiful thing to watch my son play with my daughter every day and, like, actually want to’

–HILARY DUFF, on the bond between daughter Banks, 21 months, and son Luca, 8, to *E! News*

‘We have “Baby Shark” on rotation’

–CAMERON DIAZ, on the music she listens to with 7-month-old daughter Raddix, on *The Tonight Show Starring Jimmy Fallon*

‘I’ve seen things and places that I’d only ever dreamed of when I was growing up’

–HARRY STYLES, reflecting on 10 years since One Direction formed, on Twitter

‘When you put on jeans for the first time in a few weeks and can’t remember how to walk’

–MINDY KALING, on switching up her wardrobe, on Twitter

‘I’m happy something that we made all those years ago is still a part of the conversation’

–LESLIE ODOM JR., on the popularity of *Hamilton* on Disney+, to *Entertainment Weekly*

CLOCKWISE FROM TOP LEFT: JM ENTERNATIONAL/SHUTTERSTOCK; AARON POOLE/NBCU PHOTO BANK/GETTY IMAGES; EVAN AGOSTINI/INVISION/AP/SHUTTERSTOCK; KRISTIN CALLAHAN/ACE PICTURES/SHUTTERSTOCK; TIBRINA HOBSON/GETTY IMAGES; STEVE GRANITZ/WIREIMAGE

5 Things We're Talking About *this week!*

1

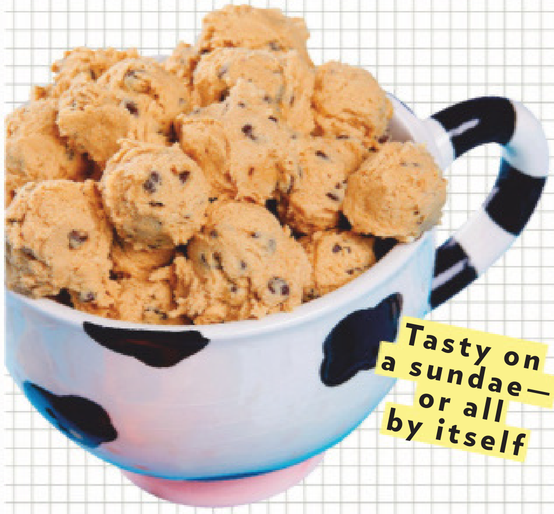
Denzel Washington and Julia Roberts will reunite on Netflix

For the first time since 1993's *The Pelican Brief,* the Oscar winners are reteaming for an adaptation of Rumaan Alam's novel *Leave the World Behind,* about vacationers caught in a weekend gone wrong.

2

Ben & Jerry's releases its cookie dough recipe

Baked enough sourdough bread already? The ice-cream maker posted how to whip up its dough treats, which can safely be eaten raw.



Tasty on a sundae—or all by itself

3

Taylor Swift reveals the name of Blake and Ryan's daughter

One song on Swift's new album *Folklore* (see page 33) is titled "Betty"—named in part for her friends Lively and Reynolds's youngest child.

4

Martha Stewart shows off her pool

The 79-year-old entertaining pro wowed overheated followers on Instagram with a sultry selfie from the pool at her East Hampton home, calling the spot "the place to be on a 89 degree day."

Stewart gave fans major backyard envy

5

Dave Franco is playing Vanilla Ice

Ice, ice, Dave-y: The *Neighbors* actor confirmed he'll portray the '90s rapper in an upcoming biopic. "He's been super helpful in the process of getting all the details correct," Franco said of Ice's participation.

CLOCKWISE FROM TOP LEFT: CHRIS POLK/WIREIMAGE; COURTESY BEN & JERRY'S; ERIC CHARBONNEAU/SHUTTERSTOCK; JEFF KRAVITZ/FILMMAGIC; PAUL NATKIN/GETTY IMAGES; GREG DOHERTY/GETTY IMAGES

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August 10, 2020

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Vol. 94 / No. 6

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Regis Philbin: 1931-2020
The iconic TV host dies at 88. "There has never been anyone like him. And there never will be," says longtime friend Kathie Lee Gifford.

GOODBYE TO A TV LEGEND
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HARRY & MEGHAN Their Side of the Story
People
Regis Philbin
Goodbye to a Legend

editor's note

THIS WEEK we have decided to give newsstand readers a choice of covers. One features the bombshell new book detailing what went on behind the scenes during Harry and Meghan's exit from royal life. We had committed to this cover because our newsstand readers love the royals and this is one of the most anticipated books in royal history. However, three days before we went to press, the sad news broke that beloved TV icon Regis Philbin had passed. Regis brought us so much joy appearing in our homes daily for many, many years that we wanted to celebrate his life on the cover of *People.*

So we are giving readers the option to buy either cover on the newsstand and also made Regis the cover for our subscribers. Don't worry, every issue will have both compelling stories inside.

Enjoy this issue.

Dan

DAN WAKEFORD,
EDITOR IN CHIEF

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Regis Philbin

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In the new book *Finding Freedom,* friends get candid about the couple's romance—and their exit from royal life

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The couple's marriage suffers as the rapper grapples with his mental health

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62 Kerry Washington
The actress opens up about her life now—and why she's fighting for change.

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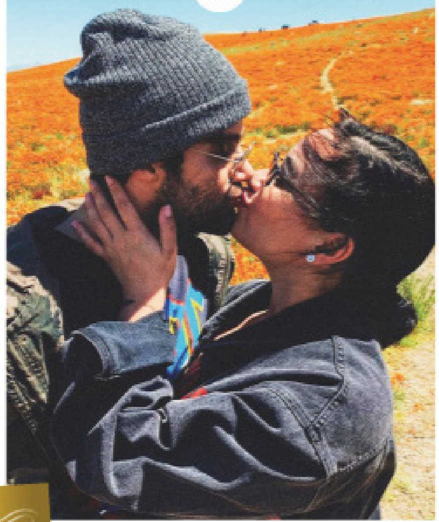
All about Demi Lovato's engagement, Ciara and Russell Wilson's new baby and more!



SPECIAL People EDITION
DIANA, CHARLES AND CAMILLA
The Untold Story of the Love Triangle That Changed the Future of the Monarchy
25 YEARS AGO WHY DIANA TOLD ALL

***People*'s new special edition *Diana, Charles and Camilla* is available now on Amazon and wherever magazines are sold.**

CORRECTION A Picks review in the Aug. 3 issue incorrectly listed *Normal People* as streaming on FX on Hulu. It is a Hulu original series. *People* regrets the error.

ON THE COVER (Philbin) Photograph by Dan Hallman/Redux. (Philbin & Gifford) Peter Kramer/NBC/Getty Images; (Harry) Max Mumby/Indigo/Getty Images; (Meghan) James Whatling-Samir Hussein/WireImage. (Harry & Meghan) Photograph by Samir Hussein/WireImage. (Philbin) Dan Hallman/Redux

(PHILBIN) BRAD BARKET/GETTY IMAGES; (WASHINGTON) CELESTE SLOMAN

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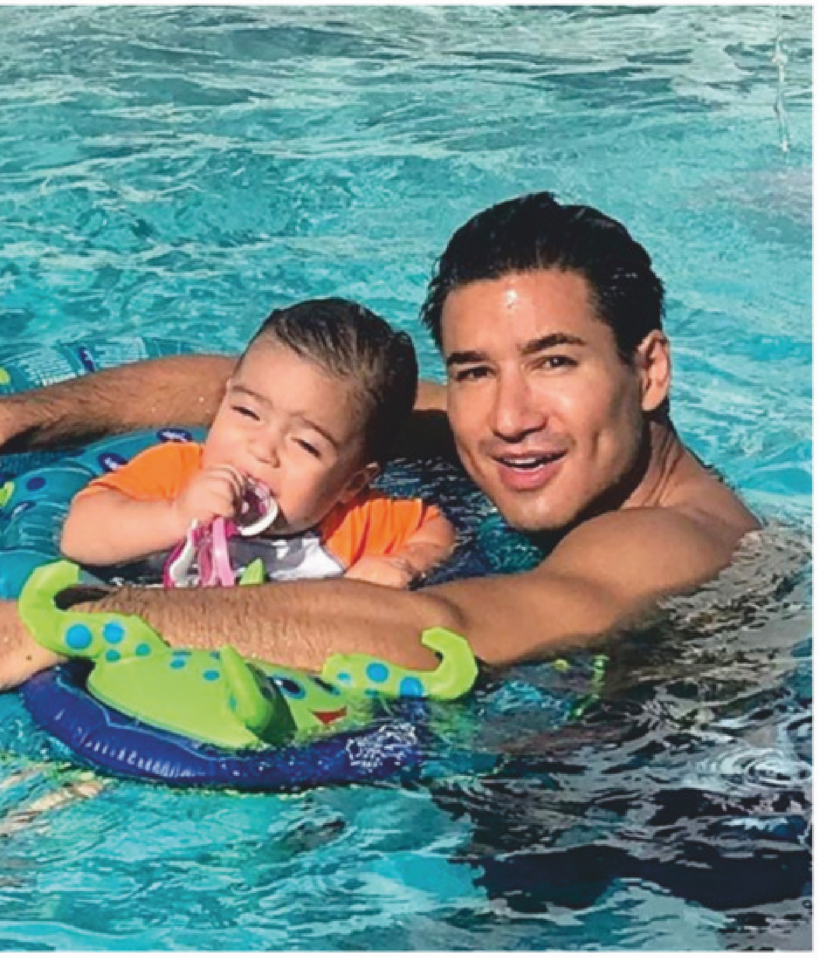
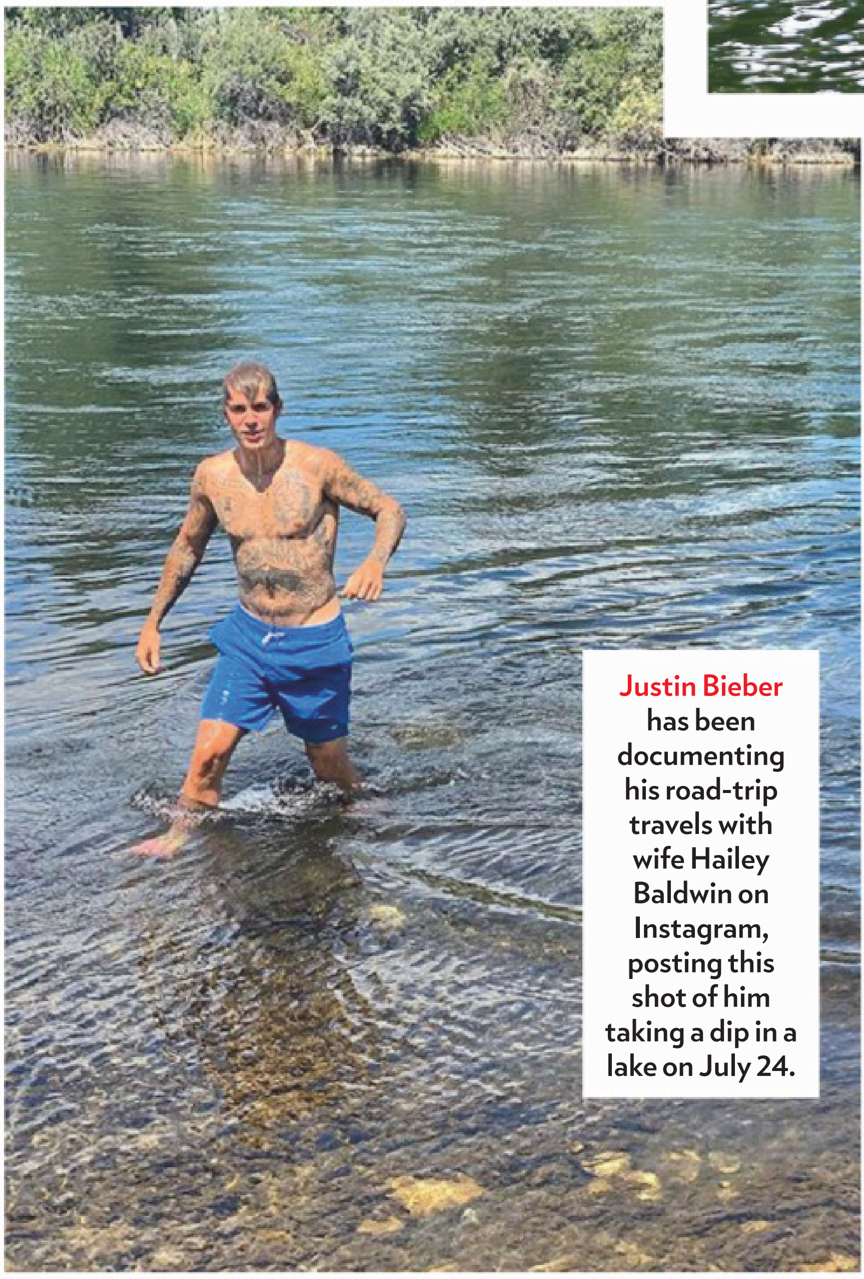
STARS IN THE SUN!

Matthew McConaughey took a stroll on the beach after a July 23 snorkeling session while on vacation in Hawaii.



In a July 26 Instagram photo, **Mario Lopez** and his 1-year-old son **Sonny** cooled off by floating in a pool. “My little Sonny & me, soaking up some Cali rays . . .” Lopez captioned the post.

Despite famously getting lost at sea on a Jet Ski in 2015, **DJ Khaled** hit the water for a ride in Miami Beach on July 24.



Justin Bieber has been documenting his road-trip travels with wife Hailey Baldwin on Instagram, posting this shot of him taking a dip in a lake on July 24.

Cardi B—rocking a cheetah-print bikini and matching wedges—posed poolside for a July 22 Instagram. “It’s all about the shoes for me,” she wrote.

(MCCONAUGHEY & KHALED) MEGA(2)

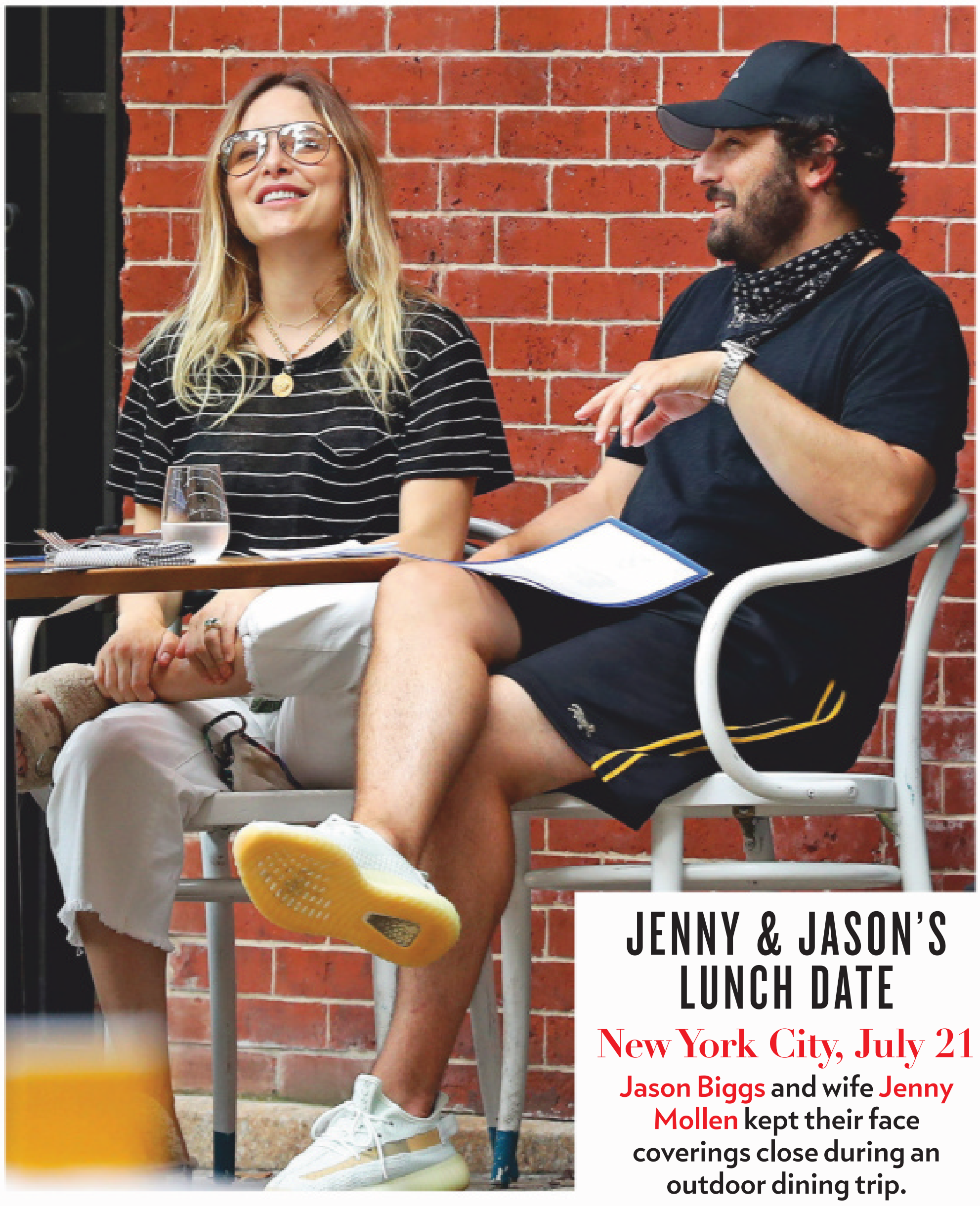
SJP'S BEACH READ

The Hamptons, July 22

Sarah Jessica Parker soaked up the sun with some reading material in hand: Mary Trump's *Too Much and Never Enough.*

MICHAEL'S MINI-MES

Michael Phelps posed for a snap with his 4-year-old **Boomer** (above him) and 2-year-old **Beckett** in a July 20 Instagram. "These boys ….," he captioned the post.



JENNY & JASON'S LUNCH DATE

New York City, July 21

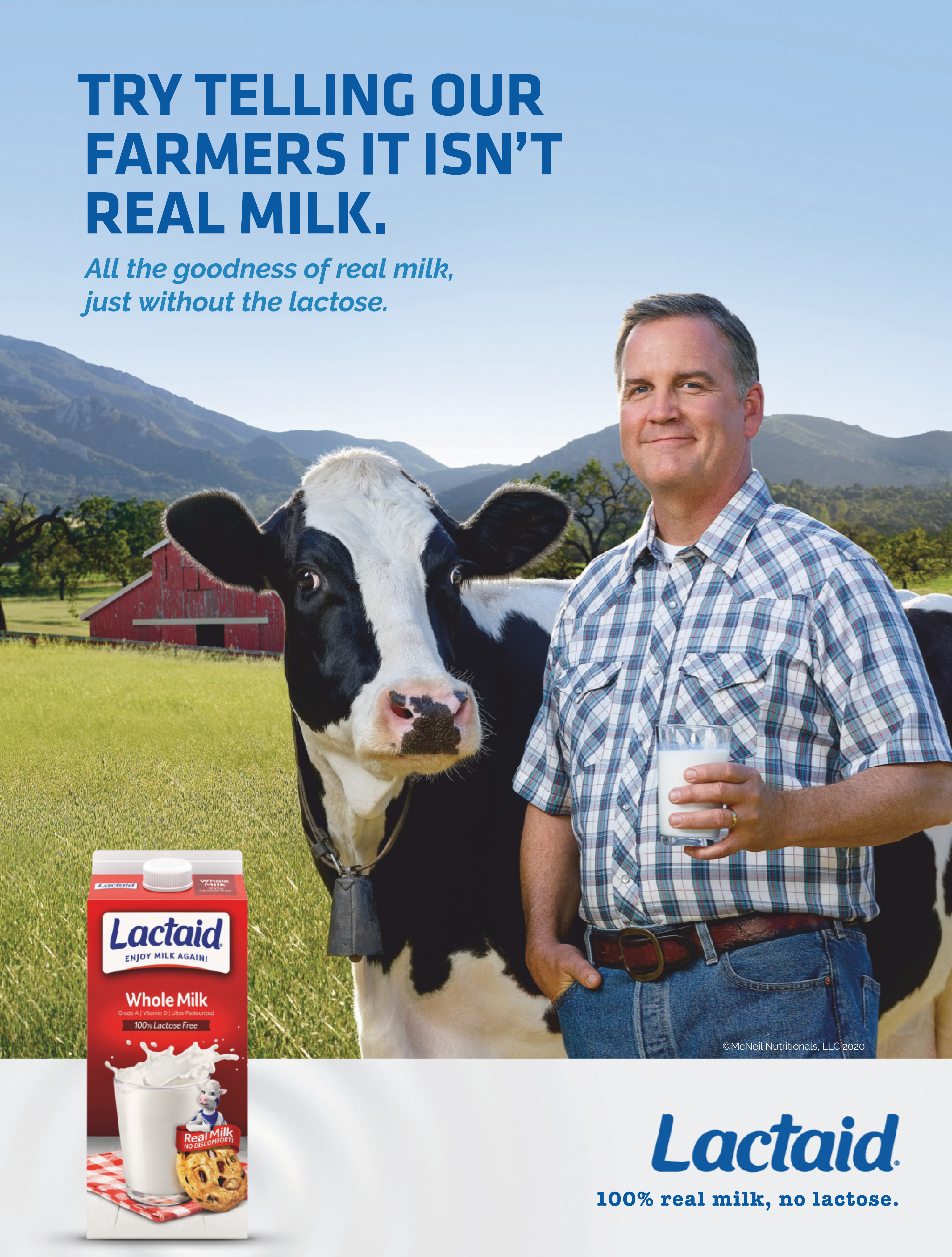
Jason Biggs and wife **Jenny Mollen** kept their face coverings close during an outdoor dining trip.

CHRIS PLAYS PAPARAZZI

Los Angeles, July 25

Chris Pine pretended to take a picture of the paparazzi while on a grocery run.

CLOCKWISE FROM TOP LEFT: THE IMAGE DIRECT(3)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IGGY'S NEW-MOM GLOW

Los Angeles, July 26

Iggy Azalea—who revealed in June she recently welcomed a son—turned heads when she stepped into the recording studio in a black midriff-baring ensemble. "Baby weight . . . Baby? Wait—this a baby waist," the rapper quipped on Instagram the same day.

PARTY ANIMALS

Queensland, Australia, July 24

Newlywed **Bindi Irwin** rang in her 22nd birthday with husband **Chandler Powell** (left), mom **Terri** and brother **Robert** at the family's Australia Zoo.

FROM TOP: DIGGZY/SPLASH NEWS; A CARLILE/MEGA

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Filets in Gravy

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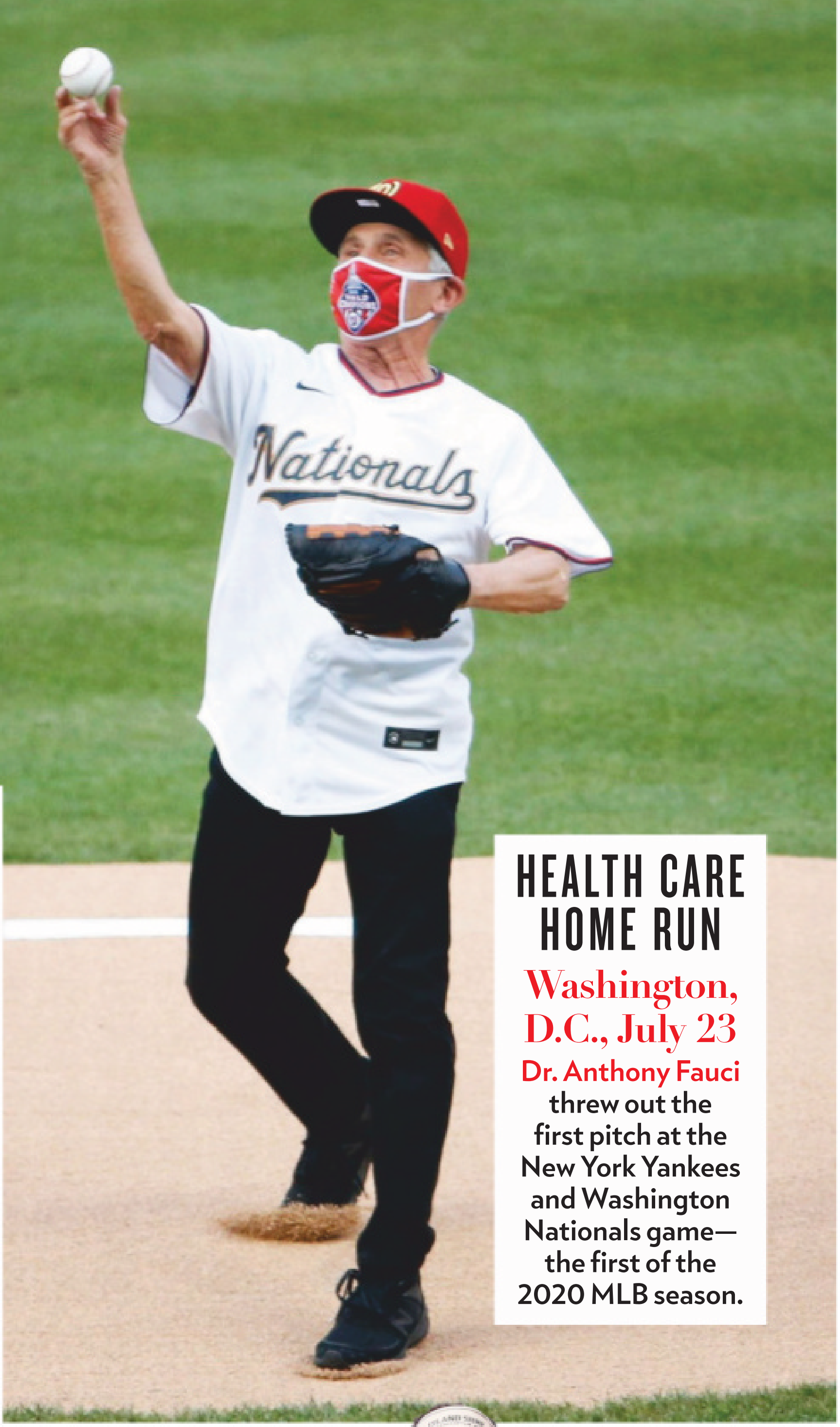
TEAM PLAYER

Turin, Italy, July 26

Soccer star **Cristiano Ronaldo** helped his team win its ninth consecutive Serie A title.



HEALTH CARE HOME RUN

Washington, D.C., July 23

Dr. Anthony Fauci threw out the first pitch at the New York Yankees and Washington Nationals game—the first of the 2020 MLB season.

GETTING CRAFTY

Dwayne Johnson and daughters **Jasmine,** 4, and **Tia,** 2, did quarantine arts and crafts. "Some very serious weekend creations going on here," he captioned the July 26 Instagram post.

DOG DAYS OF SUMMER

Malibu, July 26

Adam Sandler and his bulldog went for a walk on the beach.

EXCLUSIVE
People
EXCLUSIVE

COCO GETS READY FOR BABY NO. 3!

Model **Coco Rocha** and husband James Conran—who are already parents to daughter **Ioni,** 5, and son **Iver,** 2—will welcome their third child, a girl, later this year. Ioni is "so excited" for a little sister, says Rocha: "She loves having a baby brother, but she's like, 'I got one of those. So let's get another one, another version.'"

CLOCKWISE FROM TOP LEFT: CHRIS RICCO/GETTY IMAGES; GEOFF BURKE/USA TODAY NETWORK/SIPA; BACKGRID; JAMES CONRAN

PRINCE GEORGE TURNS 7!

In honor of Prince George's seventh birthday on July 22, the palace released two new portraits of the birthday boy that were snapped by mom Princess Kate. "Wishing Prince George a very happy seventh birthday today!" George's grandparents Prince Charles and Camilla, Duchess of Cornwall, wrote on their Instagram.

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Feeling Blessed
"I've never felt so unconditionally loved by someone in my life," wrote Lovato in a touching Instagram post announcing her engagement.

ANGELO KRITIKOS(2)

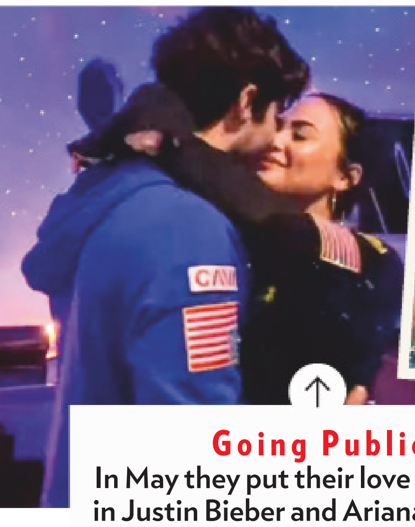
Demi Lovato Is Ready to Wed!

He put a ring on it! After spending four months together in lockdown, Demi Lovato and her TV actor beau, Max Ehrich, announced their happy engagement news on July 22. "I knew I loved you the moment I met you," Lovato, 27, wrote on Instagram. "I'm honored to accept your hand in marriage… Here's to our future!" Added Ehrich, 29, who popped the question on the beach in Malibu with a massive emerald-cut sparkler: "I love you so much and will forever cherish your pure, beautiful, infinite soul."

While their engagement was swift, sources close to the couple say Lovato and Ehrich were serious from the start. "The minute they met each other, it was love at first sight," says a friend of the couple, who moved in together in March just weeks after

>>

WHIRLWIND ROMANCE



Going Public
In May they put their love on display in Justin Bieber and Ariana Grande's "Stuck with U" music video.

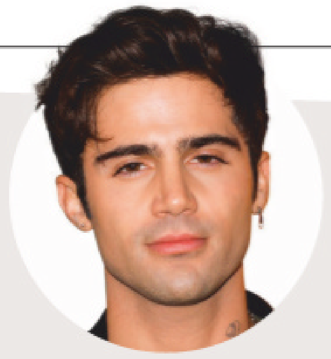
Sultry Selfies
"I have so much fun with you," Lovato wrote in June in a birthday tribute for Ehrich.

Engaged!
According to sources, Ehrich (with Lovato on their engagement day) spent weeks designing her ring.

meeting. Spending most of their time sheltered at home in L.A. during the pandemic, "they got to know each other really well," adds a Lovato friend. "They had talked about getting engaged, but Max kept the proposal a surprise." After Lovato said yes, the couple headed to nearby Nobu to celebrate. "Demi got teary-eyed a few times. She couldn't stop staring at her ring," says an onlooker. "You could tell it was both exciting and overwhelming for her."

Two days after the proposal, Lovato—who was hospitalized after a drug overdose in 2018—reflected on finding peace after hitting rock bottom. "I can genuinely say I feel free of my demons," the singer, who's been open about her mental health and addiction struggles, wrote on the anniversary of her overdose on July 24, "And it's not just because I fell in love, but because over the past 2 years, I've done more work on myself than I have in my entire life." As Lovato continues focusing on her recovery, she's found a supportive partner in Ehrich. "Since Demi started seeing Max, it's been obvious she is loving life," says another insider. "He is a great guy, and it's amazing to see her this happy." —**MELODY CHIU with additional reporting by Pernilla Cedenheim and Liz McNeil**

> **'YOU NEVER PRESSURE ME TO BE ANYTHING OTHER THAN MYSELF. I LOVE YOU FOREVER'**
> —DEMI LOVATO TO MAX EHRICH



WHO IS MAX?

Most recognized for his role as Fenmore Baldwin on *The Young and the Restless,* Ehrich attended New York's Professional Performing Arts School and is also a singer. "He's never seemed interested in the Hollywood partying scene," says a source. "He really gets Demi's life and how hard it can be with all the attention."

Ehrich (with Mackenzie Lintz) starred as Hunter May on CBS's *Under the Dome.*

Baby Bliss
After keeping her pregnancy under wraps for months, Turner (with Jonas in 2019) finally went public with the news in June.

Joe Jonas & Sophie Turner Welcome Their First Child

Just one year after their fairytale wedding in France, Joe Jonas, 30, and Sophie Turner, 24, are celebrating another milestone: parenthood. On July 27 the couple announced they were "delighted" to welcome their first child together, reportedly a baby girl named Willa, who was born on July 22. Over the past few weeks, Turner's parents flew to the States from the U.K. to help prepare for the baby's arrival, and the couple also fit in socially distant hangouts with pals and a quick day trip to Santa Barbara. "Joe takes good care of Sophie. They've prioritized keeping Sophie and the baby healthy," says a source close to the couple. "They're very cute together." —**MELODY CHIU with Pernilla Cedenheim**

BOTTOM LEFT: KEVIN MAZUR/GETTY IMAGES; (ENGAGEMENT) ANGELO KRITIKOS; (EHRICH) FROM TOP: PAUL ARCHULETA/FILMMAGIC; BROWNIE HARRIS/CBS

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HEART MONITOR

tovelo 10h
Oops! @seetwaddle

Just Married!

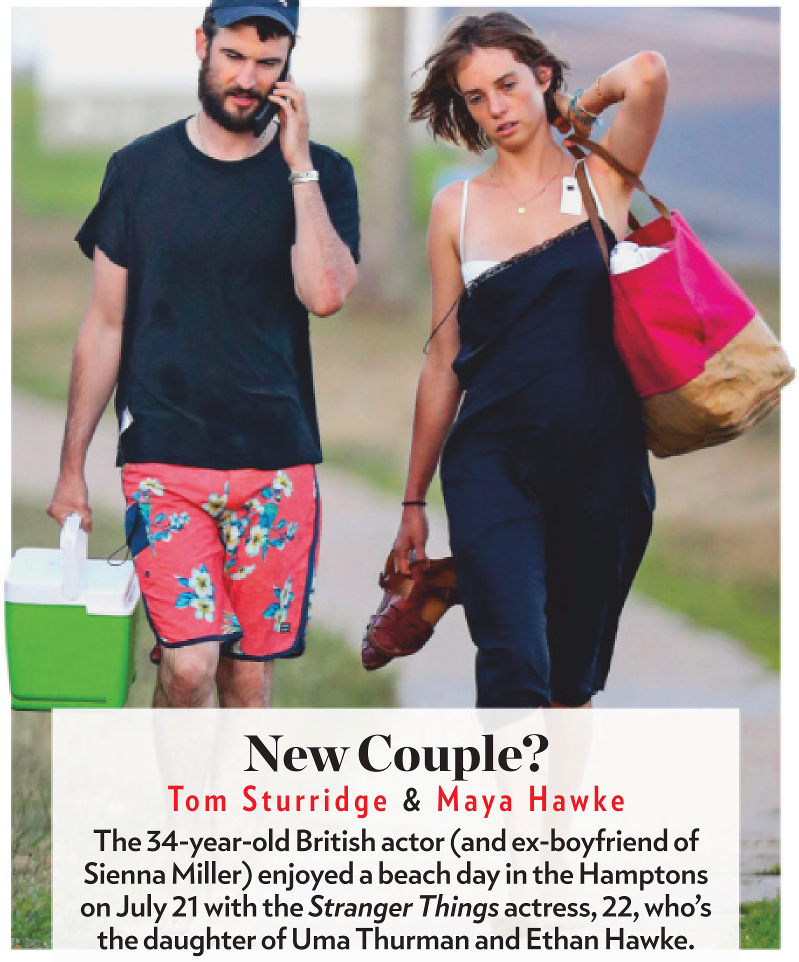
Tove Lo & Charlie Twaddle

On July 25 "Talking Body" singer Tove Lo (real name: Ebba Nilsson), 32, revealed she'd wed creative director Twaddle when she shared a photo showing off her wedding dress and rings on Instagram.

Getting Serious

Suki Waterhouse & Robert Pattinson

The model, 28, and the actor, 34, have grown closer while quarantining together in London. "They are very loved-up," a source says of the pair, first linked in 2018. "Everything seems on the fast track."



New Couple?

Tom Sturridge & Maya Hawke

The 34-year-old British actor (and ex-boyfriend of Sienna Miller) enjoyed a beach day in the Hamptons on July 21 with the *Stranger Things* actress, 22, who's the daughter of Uma Thurman and Ethan Hawke.

Happy Birthday

Jennifer Lopez & Alex Rodriguez

"Every moment with you is magical," the retired Yankee, 45, wrote on Instagram, celebrating his fiancée's 51st birthday on July 24. "I love you so much!"

CLOCKWISE FROM TOP RIGHT: THE IMAGE DIRECT; JAMES DEVANEY/GC IMAGES; THE IMAGE DIRECT; BRYAN BEDDER/GETTY IMAGES

"The Kicker"
"The Flamingo"
"The Irish Stepdance"

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Sweet Victory Born in Los Angeles, baby Win weighed in at 8 lbs. 1 oz. "I Love You," Ciara captioned an adorable snap of her new son.

Ciara & Russell Wilson's Baby Joy

It's a win for the Wilson family! After what Ciara says felt like the "slowest pregnancy of all," the singer and her husband, Russell Wilson, welcomed their third child, son Win Harrison, on July 23. The bundle of joy—named after the Seattle Seahawks quarterback's late father, Harrison Wilson—joins sister Sienna Princess, 3, and brother Future Zahir, 6, who have been happily prepping for baby Win's arrival along with Mom and Dad. "Sienna's been practicing doing the diapers on her baby doll, and Future says he's going to teach him a lot of stuff," Ciara told *People* one day before giving birth. "I find them playing in the baby's room like it's their own. It's really sweet."

After Ciara, 34, and Wilson, 31, announced they were expecting in January, the couple's usually fast-paced lives came to a halt weeks later as the pandemic hit. The singer acknowledges bringing a newborn into an unsettled world is stressful, but she's been trying to focus on the positive. "With Russell playing football and me having music, sometimes he's going this way, and I'm going that way," she says. "It's been a blessing being able to be with my family more than normal. We have faith that we're going to figure it all out." Along with the couple's charity efforts supporting causes like Feeding America, Ciara is now partnering with Discover for its Eat It Forward campaign, which will give $5 million to Black-owned restaurants around the country.

'THE KIDS ARE SUPER-THRILLED ABOUT THEIR NEW BABY BROTHER. THEY'RE ALWAYS TALKING ABOUT HIM'
—CIARA

The happy parents, who wed in 2016, also aren't daunted by the idea of having three young children all at home 24/7. "There's definitely going to be a lot of learning to do, because every day is a new day in this era," says Ciara. "But I think as a parent, once you have two, any more after that it's like you're *ready.*" Now they're ready to soak up every second with little Win. "A baby has so many milestones, and there's so much to look forward to," she says. "It's a house full of love."

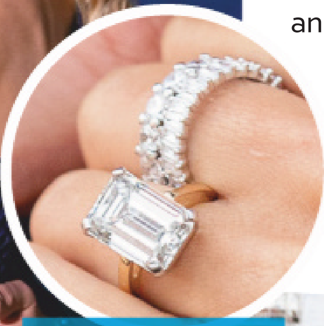
—TOPHER GAUK-ROGER

Together Time "The only thing we miss is family and friends," says Sharon of quarantine life. "That's the thing that gets us."

The Osbournes Return to TV!

Their son Jack, who cohosts *Portals to Hell* on the Travel Channel, has a passion for the paranormal, but the Prince of Darkness and his wife, Sharon Osbourne, consider themselves only "skeptical believers," Ozzy says. Jack "has always been into it, from when he was a little boy," recalls Sharon. "He used to have posters in his room of aliens." Now 18 years after the famous family's reality TV debut with MTV's *The Osbournes,* Jack, 34, and his parents are working together again on the Travel Channel's new series about paranormal activity, *The Osbournes Want to Believe.* "Some of it is hokey, but some of the stuff he showed us, we're both baffled by it," says Ozzy, 71. Sharon, 67, appreciates keeping things light: "It's nice to do one of these shows where it's not so serious." When not shooting, the couple have been enjoying a quiet life while Ozzy, who has Parkinson's disease, recovers from surgery he had last year after a fall. "I go strolling and work out every day," says the rocker. "I'm getting there." —JULIE JORDAN

(OSBOURNE) AXELLE/BAUER-GRIFFIN/FILMMAGIC; RIGHT PAGE, CLOCKWISE FROM TOP LEFT: DUKE IMAGES(3); WALTER MCBRIDE/WIREIMAGE; EITAN GAMLIELY/SOTHEBY'S INTERNATIONAL REALTY(5)



All About the Bling
El Moussa gave Young an 8-carat, emerald-cut diamond. "Eight is a lucky number," he says.

Tarek El Moussa & Heather Rae Young

An HGTV Proposal

Selling Sunset's Heather Rae Young and *Flip or Flop* star Tarek El Moussa are off the market! El Moussa proposed to the celebrity Realtor on July 25 while celebrating their one-year dating anniversary on Catalina Island, Calif. "Heather is my best friend. I had to make her my wife," he says.

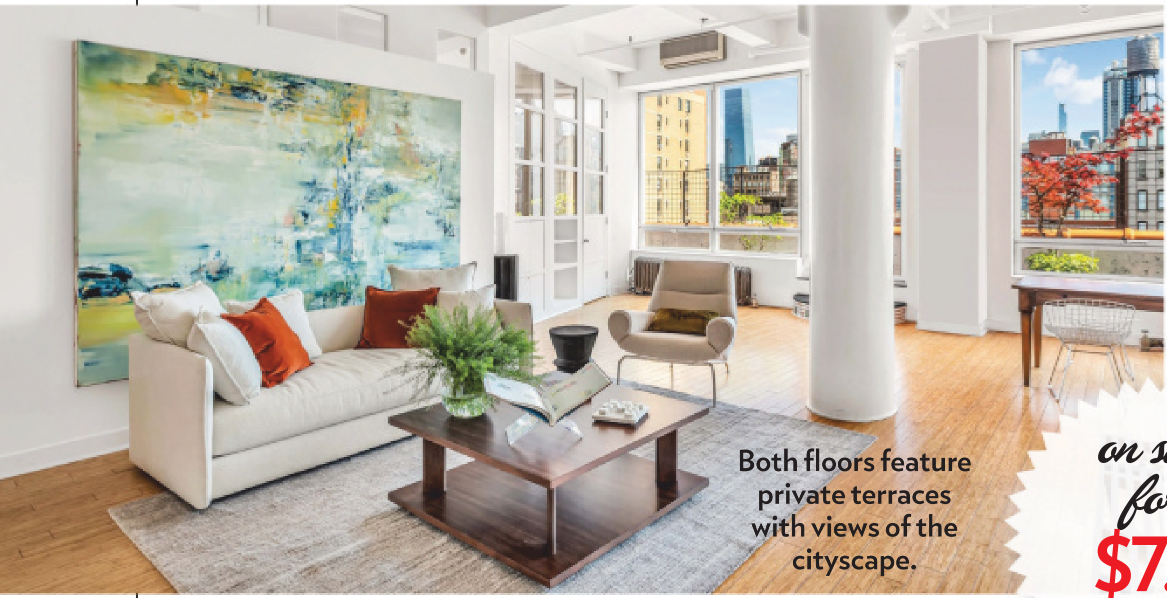
This will be the second marriage for El Moussa, 38, who split from costar and ex-wife Christina Anstead in 2016; they share son Brayden, 4, and daughter Taylor, 9, whom El Moussa says inspired him to propose to Young. "We were sitting on the boat one day, and I looked over and she had Taylor in one arm and Brayden in the other arm, and they were all cuddling. That was the moment I knew." Young, 32, who calls herself a "bonus mom," can't wait to join the family. "It was the best day of my life," she says. "I am so happy to be his fiancée."

—HANNAH CHUBB

OPEN HOUSE

Susan Sarandon's Manhattan Loft

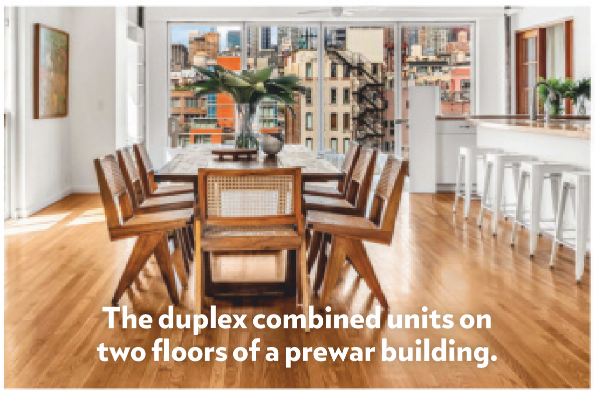
Sarandon's massive duplex boasts more than 6,000 sq. ft.—and a blue bathroom that was once home to her Oscar and other awards. "I thought it was kind of funny to keep them in the bathroom," the actress, 73, told the *Wall Street Journal*. Sarandon raised her three kids in the six-bedroom Chelsea home, listed with Nikki Field and Mara Flash Blum of Sotheby's International Realty.



Both floors feature private terraces with views of the cityscape.

on sale for $7.9 MILLION

Sarandon purchased the property in 1991 with ex Tim Robbins.



The duplex combined units on two floors of a prewar building.

This bathroom also held her gold record for *The Rocky Horror Picture Show*.

Sarandon has said she's downsizing to a smaller apartment.

Oscar Mayer
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Star Bosses Portman joined co-investors Uzo Aduba, Jennifer Garner, Eva Longoria and Jessica Chastain at a U.S. Women's National Team game in 2019.

Natalie Portman's Dream Team

The Oscar-winning actress, 39, is bringing a new National Women's Soccer League team to L.A. in 2022. Along with an ownership group primarily made up of women, including Eva Longoria, Jennifer Garner and soccer legend Mia Hamm, Portman—mom to son Aleph, 9, and daughter Amalia, 3, with her husband, Benjamin Millepied, 43—hopes the team, Angel City, will inspire girls to chase their athletic dreams.

How's life so far as a sports-team owner?
It isn't something I imagined, but it quickly became something I was passionate about. I really see it as a way to shift the culture, especially for my kids.

What are the ways Angel City will do things differently?
We talk about equality all the time, which is important in terms of compensating women the same way as men. But there are also differences in the way women need support in work. I think it's important to have that input on an ownership level.

You're well-known for your activism. Can sports lead to discussions about social justice?
I think it's a great way to start. Kids care about sports and idolize the players. My kids care a lot more about LeBron James than what I have to say.

> ***'SPORTS HEROES AND ICONS ARE CENTRAL TO SO MANY KIDS' LIVES AND HOW THEY SEE THE WORLD'***
> —NATALIE PORTMAN

How has that had an impact on your family?
[Soccer star] Megan Rapinoe was one of the first players to show solidarity with Colin Kaepernick and Black Lives Matter. I was watching her games with my son, and it really affected his understanding of the world and inspired him to see things in a certain way. —**JASON DUAINE HAHN**

TOP: ELIZABETH GOODENOUGH/EVERETT

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DELICIOUS? YES.
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ABSOLUTELY!
Oscar Mayer
Oscar Mayer
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Witney Carson and Carson McAllister

Babies

Dancing with the Stars pro dancer **Witney Carson,** 26, is expecting her first child with husband **Carson McAllister,** 27. "We can't even contain our joy and excitement right now," she wrote on Instagram. ● Rapper **J. Cole,** 35, confirmed he welcomed his second son with wife **Melissa Heholt,** 32.

Divorce

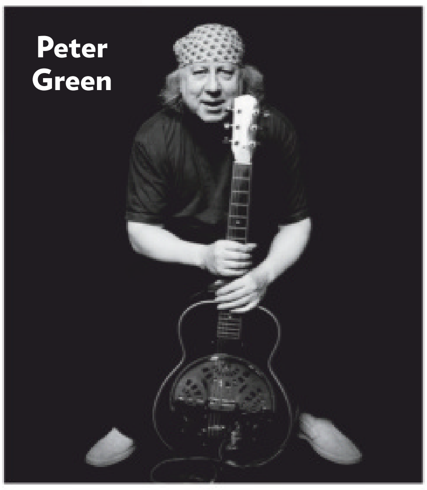
Chicago White Sox pitcher **Michael Kopech,** 24, has reportedly filed for divorce from *Riverdale* actress **Vanessa Morgan,** 28. The couple were married in January, and Morgan is currently expecting their first child, a boy.

Health

Actor **Mel Gibson,** 64, spent a week in the hospital after falling ill with COVID-19 in April, a rep for the actor tells *People.* Gibson has since recovered. ● Actress **Spencer Grammer,** the 36-year-old daughter of actor **Kelsey Grammer,** was injured when she and a friend intervened during an incident involving a man with a knife in New York City. "My friend and I did what anyone else would do in the same situation," Spencer said in a statement, adding that she "sustained a laceration on my arm, and my friend was stabbed in the back.... We expect to recover quickly."

Deaths

British guitarist **Peter Green**—who cofounded Fleetwood Mac in 1967 with drummer Mick Fleetwood before departing in 1971 in part because of mental-health struggles—died in his sleep in England at 73. Though the band was initially called Peter Green's Fleetwood Mac, Green formally dropped his name so it could go on without him. ● Actor **John Saxon,** best known for 1984's *A Nightmare on Elm Street* and 1972's *Enter the Dragon,* died of pneumonia at 83.



Peter Green

By ALE RUSSIAN

Happy Birthday!

Antonio Banderas, 60
Aug. 10, 1960
Charlize Theron, 45
Aug. 7, 1975
Hoda Kotb, 56
Aug. 9, 1964

Emily Blunt

After her own struggles with stuttering, the actress, 37, helps people with the speech disorder

SPEAK FREELY
LIVE FEARLESSLY
CENTRAL LIONS

Blunt, an AIS board member, with speech-therapy recipients in Atlanta in 2018

Why I Care
PERSONAL STORIES ABOUT GIVING BACK

I had a really bad stutter as a child, and I'd been looking for a way to help others when I learned about the American Institute for Stuttering. [Actor] Austin Pendleton, who is a stutterer and a longtime supporter of AIS, is very close with Meryl Streep. I had just worked with Meryl, and she called me and said, "Do you want to get involved?" I think the best way you can lend your support in a really powerful way is if the cause is deeply personal to you. More than 3 million Americans and 60 million people around the world have a stutter. There's still so much intolerance toward stuttering, and people are not very empathetic.

AIS offers a different type of therapy that's about embracing this part of yourself rather than trying to mask it. I found it exciting and positive. AIS has things like intensive programs and summer courses, and it's a great community for kids to meet other kids just like them, because it's a very lonely thing when you have a stutter. I'm trying to get people to understand that it's not psychological. It's neurological and often hereditary and biological, and it's not your fault. It's a disability surrounded by misinterpretation, so I just want to keep talking about it. —A.R.

For more information, go to **stutteringtreatment.org**

CLOCKWISE FROM TOP RIGHT: MATT BARON/SHUTTERSTOCK; RICHARD ECCLESTONE/REDFERNS/GETTY IMAGES; COURTESY AIS; DAVID LIVINGSTON/GETTY IMAGES

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Stories to make you... smile!

A pile of missing laundry turns out to be the work of a real cat burglar!

METAIRIE, LA.

Several weeks ago Heather Bardi found a tank top, socks and a dish towel on her front porch—all seemingly fresh out of the dryer—and every day after that, more random clothing kept mysteriously piling up in her yard. "I started getting freaked out," says the 37-year-old graphics technician. She and her husband, Joey, 37, a chef, called the police and even sat watch outside—to no avail. Finally Heather rigged up a video app to her front porch—and discovered the culprit was her 4-year-old cat Admiral Galacticat. "I got the video, and there was Admiral walking across my walkway with a sock in his mouth!" she says. Heather put up signs and posted on Facebook and has since returned most of Admiral's stash to neighbors like Casey O'Neal, 27, who admits that he left his laundry room accessible. "The last thing I thought was that a cat would steal laundry," he says. The Bardis now hope to start a charity for shelter animals in Admiral's name.

"We were relieved to find out the thief was the cat," says Joey Bardi. Below, right: some of Admiral's stolen goods.

MY CAT
Stole YOUR
Kid's Bathing
Suit. Knock!

TOP: HEATHER BARDI(3); BOTTOM: @THEBILLYFLANIGAN(2)

This grandpa has biked more than 4,000 miles to deliver smiles—and tears of joy—to friends and family

ORLANDO

Biking has always been a favorite pastime for Disney World entertainer Billy Flanigan, 60. So when the park closed down in March, the grandfather of three started pedaling—and making surprise (socially distanced) stops along the way to say hi to friends. Word spread on Facebook, and people from across the country have been clamoring to receive a surprise *#flanigram.* Flanigan has biked some 4,000 miles and visited more than 300 folks—including his mom in Massachusetts. "People said, 'It's the best thing that happened in COVID,'" he says. "I love to make people smile."

Flanigan delivers singing "Flanigrams" to Disney coworkers in Orlando.

Have a story that makes you smile?
Send suggestions to **storiestomakeyousmile@people.com**

By WENDY GROSSMAN KANTOR

If you can open the fridge, you can make a cheesecake.

It´s a Piece of (Cheese)cake

PHILADELPHIA
SINCE 1872

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People picks

Edited By
Tom Gliatto

THE BEST STUFF TO WATCH, READ & LISTEN TO THIS WEEK!

Folklore **is Swift's eighth studio album.**

BETH GARRABRANT(2); INSET: JEFF KRAVITZ/FILMMAGIC

MUSIC | Taylor Swift, *Folklore*

A subdued but magical album recorded in quarantine

POP On her first single to top the Hot 100, 2012's "We Are Never Ever Getting Back Together," Taylor Swift lamented an ex who was into "some indie record that's much cooler than mine." Four No. 1s and almost a decade later, Swift has finally made that cool indie record. The superstar's new album *Folklore,* written and recorded in quarantine and released just a day after Swift revealed its existence, all but abandons the in-your-face pop production that defined *1989, Reputation* and *Lover,* opting instead for warm, subdued indie and folk flavors guided by Aaron Dessner, guitarist for the National, who cowrote and produced the bulk of the project. (Frequent Dessner collaborator Justin Vernon of Bon Iver also stops by to complement Swift on the wrenching duet "Exile.") Swift's personal, empathetic lyricism—still her greatest asset—soars like it hasn't in years. But now the fairytale romances are knottier, the heartbreaks less straightforward. Amid a period of unprecedented uncertainty and widespread loneliness, Swift has responded with a record to match the times. *(Available now)*

TV | The Go-Go's

DOCUMENTARY A signature '80s band, the Go-Go's were proud L.A. punkers until "We Got the Beat" propelled their music toward something shinier, poppier, more confectionery. This lively, unsentimental rundown of their brief career is full of surprisingly hard-nosed anecdotes. *(Showtime, Aug. 1, 9 p.m.)*

Rickenbacker

You go, girls! Jane Wiedlin (left) and Belinda Carlisle.

Nory (Rose) has barely begun to scratch her special talent.

TV | Upside-Down Magic

It can be so hard to focus on hocus-pocus

FAMILY Nory (Izabela Rose) possesses a magical gift, even if she doesn't quite have a grip on it: She can turn into a kitten, but she also sprouts dragon wings—she looks like some sort of *Game of Thrones* tabby. She also proves to be a disappointing student at the Sage Academy, a Hogwarts-like school where (so a friend tells her) "they're going to teach you to be the best abomination you can be." This film for kids has a sure, charming touch. *(Disney, July 31, 8 p.m.)*

CLOCKWISE FROM TOP RIGHT: EIKE SCHROTER/DISNEY CHANNEL; NETFLIX; MONDADORI PORTFOLIO/GETTY IMAGES; MELANIE NISSEN/SHOWTIME

one to watch

Cursed's Daniel Sharman

On Netflix's new fantasy series—a retelling of the classic King Arthur legend—the English actor, 34, is the Weeping Monk, a religious zealot and fierce warrior with striking eye makeup. "It's a very fun twist," says Sharman, previously known for *Teen Wolf* and *The Originals*. "People will enjoy the scale and madness of the whole thing." —EMILY STROHM

***Cursed* is streaming now on Netflix.**

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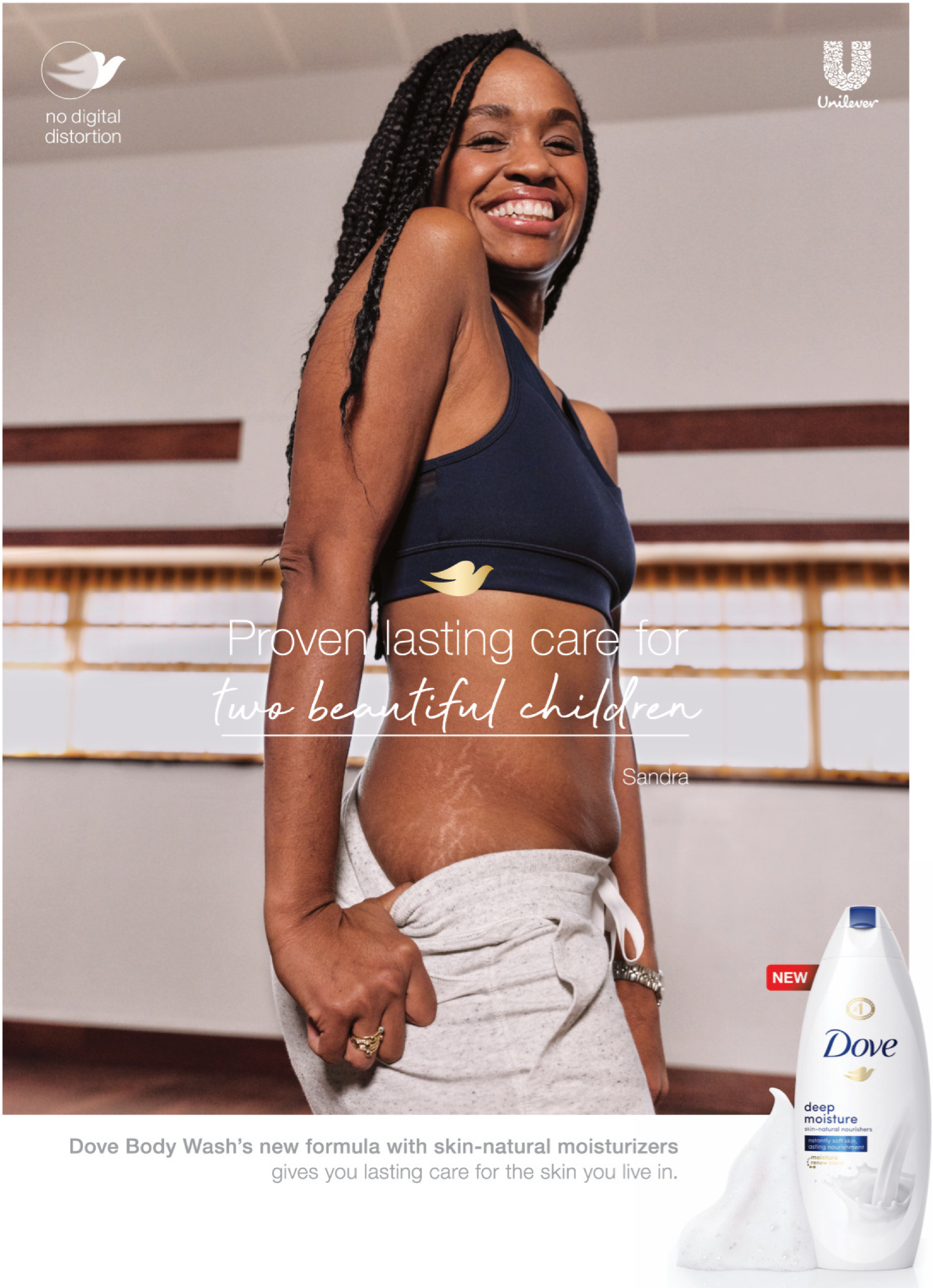
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DISNEY+ | Muppets Now

FAMILY Miss Piggy launches her own lifestyle segment (although everyone keeps shortening “style” to “sty”); a penguin referees a game show; and Gonzo asks RuPaul if spiders crawl into his mouth while he’s asleep. Silly and likable, start to finish. *(Launches July 31)*

MUSIC | HAIM, *Women in Music Pt. III*

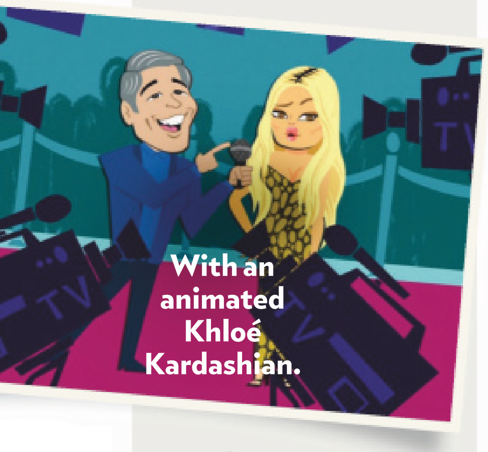
ROCK The trio’s third album is easily its best. *Women* fuses HAIM’s touchstones—breezy, easygoing sounds from the ’70s and ’90s—into a strikingly modern product that covers new sonic terrain while deftly channeling Joni Mitchell (“Man from the Magazine”) and Sheryl Crow (“I’ve Been Down.” *(Available now)*

FROM TOP: DISNEY+; JC OLIVERA/GETTY IMAGES

Q&A

Andy Cohen

The Watch What Happens Live *host spills secrets from his celebrity-soaked life in the animated series* The Andy Cohen Diaries, *available now on Quibi*



With an animated Khloé Kardashian.

Did you warn the other stars that they're depicted in your stories? Not really! We sent the Céline Dion episode to her publicist last week. We said, "We hope you think this is as funny as we did."

Was there anything you wanted to include but pulled last minute? I wrote a love letter to my dog Wacha about having to rehome him. I cried writing it.

You're filming *WWHL* from home, which means more time with your son Ben. What are your favorite things to do together? We go down and we look at the docks and throw rocks in the water. It's the simple stuff.

—JODI GUGLIELMI

Page heads back in time.

NETFLIX | The Umbrella Academy

FANTASY Season 1 ended on what could be called a dramatic high note: Unleashing her superpowers, Vanya (Ellen Page) played a violin sonata that caused a hefty chunk of the moon to break free and destroy Earth. Season 2 finds her in . . . Dallas, 1963, with *another* catastrophe looming. But not the one you'd think. *(Launches July 31)*

NETFLIX | Shine Your Eyes

DRAMA Amadi (OC Ukeje), a musician from Lagos, slowly makes his way through São Paulo—a dense, colorful honeycomb of a city—searching for a brother who has gone seriously, mysteriously AWOL. This is a haunting film about both spiritual displacement and emotional discovery. *(Currently streaming)*

CLOCKWISE FROM TOP RIGHT: CHRISTOS KALOHORIDIS/NETFLIX; NETFLIX; QUIBI; CHARLES SYKES/NBCU PHOTO BANK/GETTY IMAGES

SEE THE DOG HE WAS BORN TO BE

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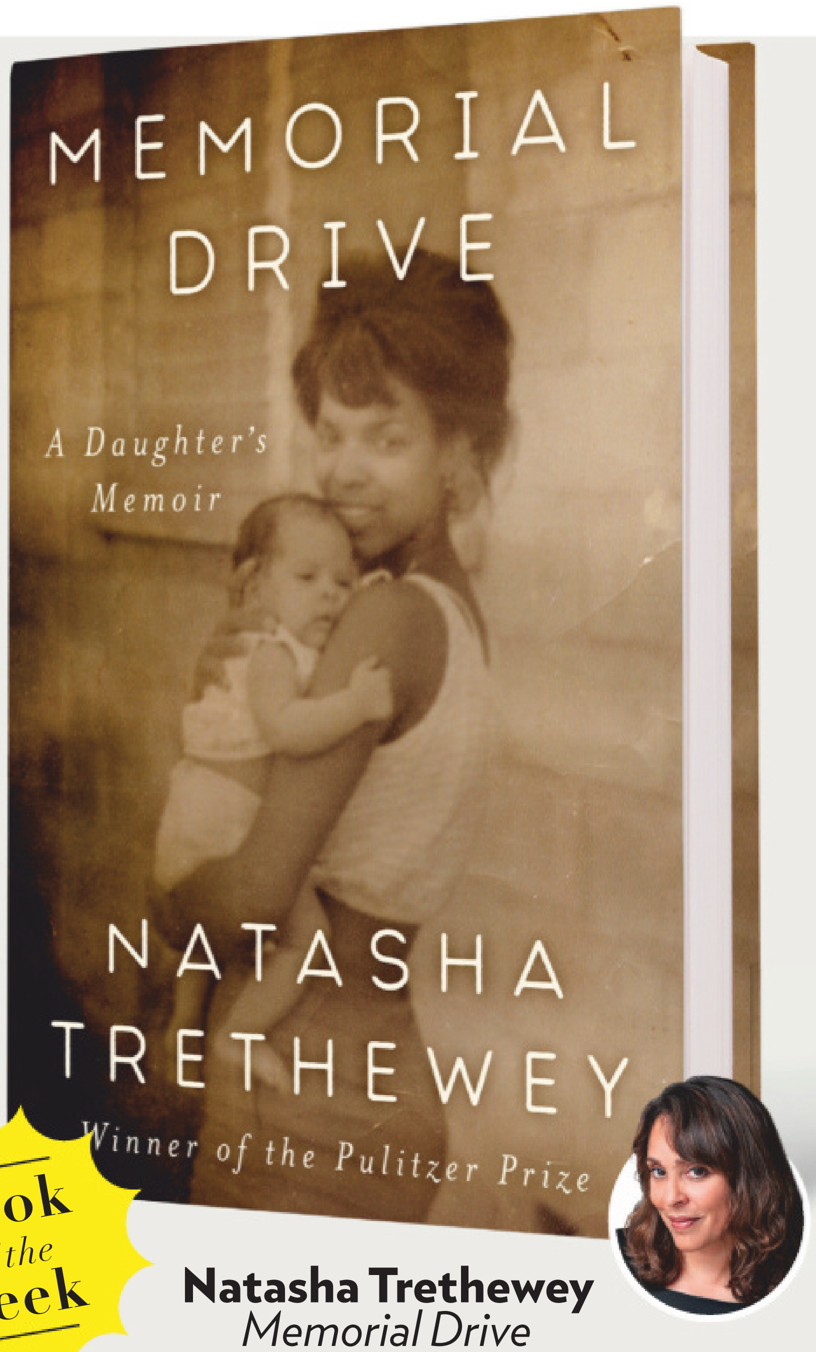
Edited by KIM HUBBARD


MEMORIAL DRIVE
A Daughter's Memoir
NATASHA TRETHEWEY
Winner of the Pulitzer Prize

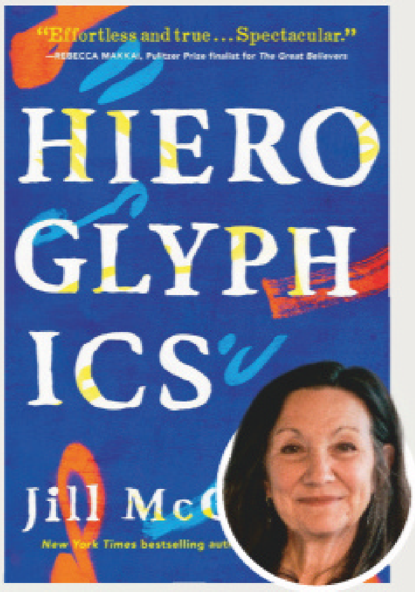
book *of the* week

Natasha Trethewey

Memorial Drive

MEMOIR

In 1985 the author's mother, Gwen, was murdered by her second husband. Here Trethewey, a former U.S. poet laureate, traces the years leading up to her stepfather's horrific act, recalling precious moments—Gwen dancing to her favorite song, Morris Day and the Time's "The Bird"—along with the trauma that colors those memories. Including shocking pages from Gwen's diary as she sensed danger closing in, this is a haunting look at the cost of violence and the enduring bond between mother and child.

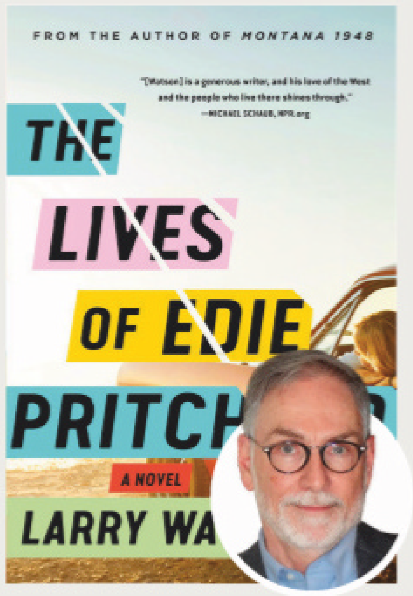

"Effortless and true . . . Spectacular."
—REBECCA MAKKAI, Pulitzer Prize finalist for The Great Believers
HIERO GLYPH ICS
Jill Mc
New York Times bestselling aut

Jill McCorkle

Hieroglyphics

NOVEL

McCorkle's latest brings together Lil and Frank—a retired couple who have moved to be closer to their daughter—and Shelley, a single mother who lives in the house where Frank grew up. Tragedy, loss and the indelible imprint of our families of origin are the themes in this moving and deeply appealing novel.


FROM THE AUTHOR OF MONTANA 1948
THE LIVES OF EDIE PRITCH
A NOVEL
LARRY WA

Larry Watson

The Lives of Edie Pritchard

NOVEL

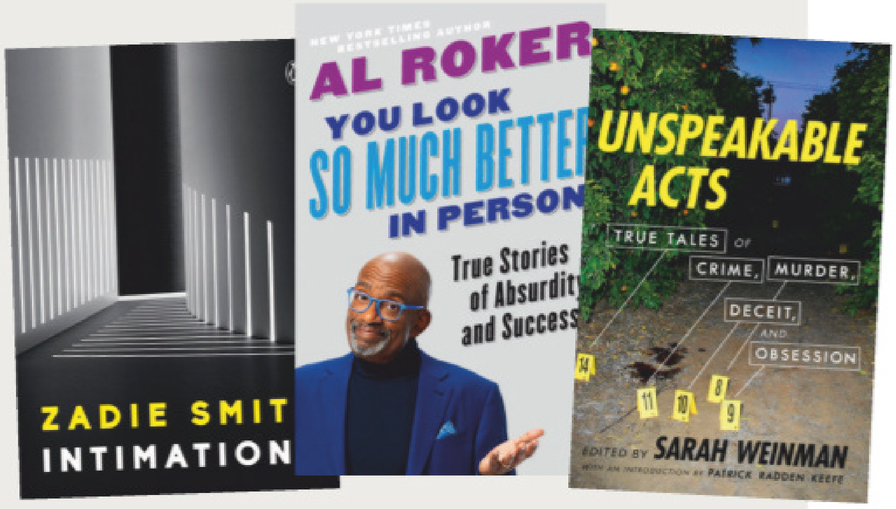
A beautiful woman. Two brothers madly in love with her. Watson tracks this trio through small-town Montana, 1967, 1987 and 2007, illuminating the relentless effect of male desire on women's lives. Characters so real they could walk off the page, virtuoso writing and up-all-night drama.

New in Nonfiction

Zadie Smith
Intimations
Essays that capture the confusion, frustration and glimpses of hope found in COVID-19-stricken New York City. Who better to bear witness than the always-incisive Smith.

Al Roker
You Look So Much Better in Person
The *Today* weather anchor inspires with self-deprecating wit and insightful tips (how to cry at work, embrace graciousness, explore *all* your talents).

Sarah Weinman
Unspeakable Acts
An irresistible volume for true-crime fans: snackable tales of "crime, murder, deceit and obsession." How many tales? Unlucky 13, of course.


ZADIE SMIT
INTIMATION
NEW YORK TIMES BESTSELLING AUTHOR
AL ROKER
YOU LOOK SO MUCH BETTER IN PERSON
True Stories of Absurdity and Success
UNSPEAKABLE ACTS
TRUE TALES of CRIME, MURDER, DECEIT, AND OBSESSION
EDITED BY SARAH WEINMAN

INSETS, CLOCKWISE FROM TOP RIGHT: SUSAN WATSON; NANCY CRAMPTON; TOM RANKIN

Contributors BOOKS SAM GILLETTE, JULIE KLAM, MARION WINIK MUSIC ERIC RENNER BROWN

MEGHAN & HARRY

OMID SCOBIE
and
CAROLYN DURAND
FINDING FREEDOM
HARRY AND MEGHAN
and the MAKING of
A MODERN ROYAL FAMILY

The Tell-All New Book

What *Really*

EXCLUSIVE DETAILS!

Happened

FRIENDS OPEN UP ABOUT THE COUPLE'S WHIRLWIND ROMANCE, FAMILY CONFLICT AND WHY MEGHAN AND HARRY FELT THEIR ONLY CHOICE WAS TO LEAVE

By **MICHELLE TAUBER**

The last time a book about the royal family sparked worldwide attention, it was Andrew Morton's 1992 tell-all *Diana: Her True Story,* in which the princess's friends—and, it was later revealed, Diana herself—shared intimate details about everything from her broken marriage to her secret misery behind palace walls. Nearly three decades later, Diana's son Harry, 35, and a daughter-in-law she never met, Meghan Markle, 38, are the subject of another book making global headlines—*Finding Freedom: Harry and Meghan and the Making of a Modern Royal Family.* Coauthored by veteran royal reporters Omid Scobie and Carolyn Durand and featuring interviews with the couple's friends, the new book sheds light on Meghan and Harry's fast-track romance, the conflict that divided Harry and his brother, Prince William, 38, and the couple's decision to leave their roles as working royals and start a new life in Los Angeles with their 14-month-old son, Archie. "Like with Diana, friends of Harry and Meghan were frustrated," says Scobie. "They felt that no matter how hard they tried to defend [the couple], their efforts were never enough." ("The Duke and Duchess of Sussex were not interviewed and did not contribute to *Finding Freedom,"* says a spokesperson for the Sussexes.) The book also opens a window onto friction they faced from some in the old palace guard, such as Queen Elizabeth's longtime dresser Angela Kelly. (Harry felt she deliberately dragged her feet in helping Meghan choose a tiara for their 2018 wedding day.) Through it all, say the authors, the couple have been determined to do what they feel is right for each other and their family—even if it comes with a sacrifice. "What has struck me is Harry's commitment to put his royal birthright aside and to use his voice to make a difference," says Durand. "In Meghan he found a partner in that." Adds Scobie: "Meghan emboldened Harry. He needed someone by his side that is strong enough to weather the same storms, but also someone who wasn't afraid of breaking the rules and going against the norm. What we see now is a couple doing things their own way."

● ● ●

In 2016 Meghan and Harry had a blind date at London's Soho House, an evening meetup with pals reportedly arranged by her friend Misha Nonoo, a designer whose then-husband, Alexander, was a pal of the prince's.

"Wow," [Harry] later confessed to a friend. "The most beautiful woman I've seen in my life."

Perhaps she sensed his nervousness, because the couple was somewhat bashful at first. However, it didn't take long for them to start chatting easily. Very easily. On two individual velvet club chairs, the pair were "in their own little world," a source said. Over drinks (beer for him, a martini for her), they asked each other questions about their work. Nibbles may have been out on the low table in front of their oversize chairs, but neither touched the food.

> Harry called Meghan 'the most beautiful woman I've seen in my life'
>
> –FINDING FREEDOM

At the end of the evening, which had lasted almost three hours, Harry and Meghan went their separate ways. Despite the palpable attraction between them, there was no goodbye kiss, no expectation, just a hint that something was there and they hoped to see each other again soon.

Harry wasted no time in texting Meghan, who was back in her hotel room. His messages were often short and full of emojis, in particular the ghost emoji, which he often used instead of a smiley face. For what reason? Nobody knows. But Meghan found his texting etiquette funny and adorable, just like the prince. "He definitely didn't hide the fact he was keen," said a friend of Meghan's. "He wanted her to know he was very interested."

The next night, Harry and Meghan met up again—this time, just the two of them. "It was as if Harry was in a trance," a friend said of the smitten prince. And the following evening, Meghan was on her way to visit Harry at his royal bachelor pad.

Meghan left her hotel and got into a taxi like any ordinary citizen. Except as the cab wound through London's dark winding streets, it had no ordinary destination: Kensington Palace.

"Cute!" Meghan later told a friend of Harry's home, Nottingham Cottage. Again, the sweet English house was nothing like the imposing stone palace that she had constructed in her mind, inspired by images from childhood fairy tales. When Harry opened the door, there was no large staircase

PREVIOUS SPREAD: PHIL NOBLE/GETTY IMAGES; (INSET) HARPERCOLLINS

BEHIND THE SCENES

What Was *Actually* Unfolding

Under Scrutiny
Before the couple had confirmed their relationship, Meghan stepped out on Dec. 3, 2016, in a necklace with the initials "H" and "M"—sparking a scolding from palace aides who feared she was drawing unwanted attention.

Early Days
Paparazzi first caught the couple together in London on Dec. 16, 2016. "The fact that they had three months to get to know one another [before that] is remarkable," Durand says of the pair.

Their Official Debut as a Couple
Meghan joined Harry at his Toronto Invictus Games for wounded warriors in September 2017—at which point the pair were already secretly engaged, the book reveals.

Ready to Wed
Before announcing the news of their engagement in November 2017, Meghan shared it with just a handful of close friends by texting them a photo of the ring.

or plush red carpet, no crystal chandeliers or double-height ceilings, no art hanging in heavy gold frames or butler service. Instead, the prince towered in the small hallway with lots of coats hung on hooks and his boots by the door, just like any regular home. Inside Harry's very cozy house, any nerves Meghan had before her arrival would have dissolved.

Just six weeks after their first date, Harry whisked Meghan away to his favorite destination—Africa, where they enjoyed a five-day escape under the stars. The relationship rapidly deepened.

While Harry was traveling and Meghan was home in Toronto, she made her affections known in subtle ways. While running errands around town on December 3, she wore her newly purchased $300 Maya Brenner necklace, a delicate fourteen-carat-gold chain bearing both the initials "M" and "H." That same day, she also dressed her beagle, Guy, in a Union Jack sweater, posting the snap to Instagram. The message was received by Harry, who turned up outside her door not twenty-four hours later.

And then the world found out about them.

Although Harry had once warned Meghan that his life was "surreal," even he had been blindsided by the kind of coverage she elicited. But with their relationship now public, the scrutiny of the global press—and palace aides—soon began to weigh on Meghan.

Two days after Meghan was photographed buying flowers at her usual florist, wearing her new initial necklace, she received a phone call from a senior Kensington Palace aide. She was advised that wearing such a necklace only served to encourage the photographers to keep pursuing such images—and new headlines. She said little during the call, choosing instead to simply listen to the counsel. But after hanging up, she felt frustrated and emotional. While she knew the aide had good intentions, the surreal experience of having someone from her boyfriend's office tell her what kind of jewelry to wear or not to smile at a photographer was too much. Meghan immediately called one of her close friends, close to tears as she waited for her pal to pick up. "I can't win," she said, completely distraught. "They make out like I'm to blame for these pictures, that it looks like I'm encouraging them, that me even acknowledging the cameras may not be sending the right message. I don't know what to say. It was only yesterday people online were saying I look

PROMISING START

"When Meghan first came on the scene, [aides] said, 'We've learned from mistakes in the past,'" Scobie says of welcoming Meghan (at Christmas Day church service with the royal family in 2017). "Kate was an example of how the institution can welcome a newcomer, protect her and help her forge a new path. But it didn't go that way with Meghan, and it felt like the lessons weren't learned."

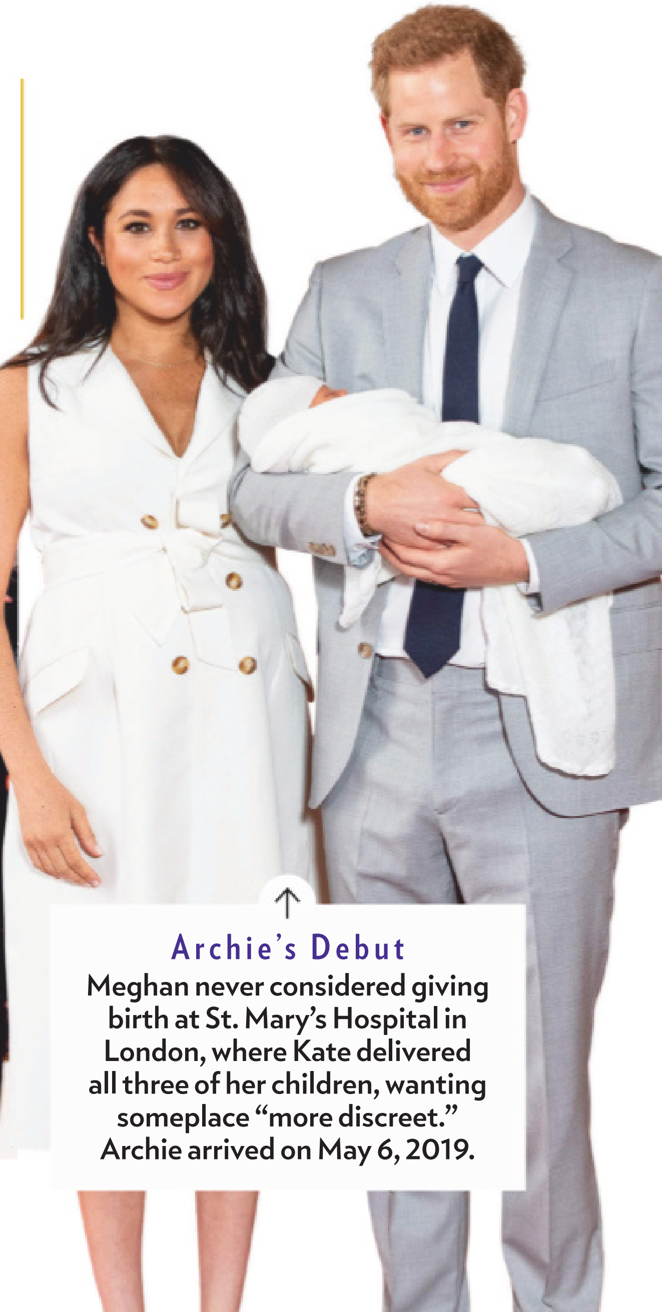
CLOCKWISE FROM TOP RIGHT: CHRIS JACKSON/GETTY IMAGES; DOMINIC LIPINSKI/GETTY IMAGES; SAMIR HUSSEIN/WIREIMAGE; JONATHAN BRADY/AFP/GETTY IMAGES; PA IMAGES(2); THEIMAGEDIRECT; SPLASH NEWS

Tying the Knot

Although Meghan's dad, Thomas Markle, dropped out of the May 19, 2018, wedding at the last moment, the couple were joyful on the big day—with their first dance to "I'm in Love" by '60s soul singer Wilson Pickett. Meghan also delivered her own toast at the reception.

Under Strain

Meghan (in February 2019) felt especially vulnerable during her pregnancy. "That type of intense pressure is something the public will never understand," says Durand.



Archie's Debut

Meghan never considered giving birth at St. Mary's Hospital in London, where Kate delivered all three of her children, wanting someplace "more discreet." Archie arrived on May 6, 2019.

THEIR 'FREE' LIFE

The couple briefly relocated to Canada, but "if it wasn't going to be London, where Harry's family is, it would be in L.A., where Meghan's family is," says Scobie. "But I wouldn't write off the U.K. for good. They're travelers. They'll move around."

Away from the Spotlight
"It's about what's right for Harry and Meghan and their little family with Archie [with Harry in Canada last year] right now," Durand says of the couple's decisions surrounding their departure from the U.K.

L.A. Life
"I think for them, the lockdown has been a moment they needed—but didn't know they needed," Scobie says of Harry and Meghan (in L.A. on July 12). "They're a couple that loves to work constantly. This has forced a pause."

miserable in pictures, because I was trying to just ignore [the photographer]." She felt damned if she did and damned if she didn't.

In 2018 Meghan finally met her future sister-in-law Princess Kate.

The January get together at the Cambridges' Apartment 1A home was brief, but Harry wanted to make sure the two had a chance to connect. Despite the fact that Harry was a regular guest in her household, Kate had seemingly not shown much interest in finding out who this woman was who had made her brother-in-law so happy. But that indifference wasn't necessarily directed toward Meghan. "The Duchess is an extremely guarded person," a friend explained. After she married William, she was careful about letting others in to her social circle. Her friends today—including Lady Laura Meade and Emilia Jardine-Paterson, both of whom married friends of William's—are for the most part the same ones she had on her wedding day. Like her husband, Kate ran in a tight group. Meghan brought a present for the duchess, who had celebrated her birthday just a day earlier. The soft leather Smythson notebook helped to break the ice, as did Meghan's cooing over then 20-month-old Charlotte.

Meanwhile, Harry's brother, Prince William, warned that he feared the romance was moving too fast.

"Don't feel like you need to rush this," William told Harry, according to sources. "Take as much time as you need to get to know this girl." In those last two words, "this girl," Harry heard the tone of snobbishness that was anathema to his approach to the world. During his 10-year career in the military outside the royal bubble, he learned not to make snap judgments about people by their accent, education, ethnicity, class, or profession. Removing Meghan from the equation, Harry was also tired of the dynamic that had become established between him and his older brother. There had come a point when Harry no longer felt as though he needed looking after. There was a thin line between caring and condescending. Just because he went about his life differently than his brother didn't make it wrong.

William may have felt he was acting out of concern, but Harry was offended that his older brother still treated him as if he were immature. "Harry was pissed off," another source said. "Pissed off that his brother would ask such a thing. Some felt it was an overreaction. But then, this totally sums them up as people—William the calm and rational one, and Harry, who

Lingering Hurt
Meghan and Harry felt snubbed by William and Kate at the Commonwealth Day service in March, the book reports. "A lot of damage has been done," Scobie says of the tensions between the couples.

COUNTERCLOCKWISE FROM BOTTOM RIGHT: PHIL HARRIS/AFP/GETTY IMAGES; JAVILES/BRUCE/BACKGRID

From the book *Finding Freedom: Harry and Meghan and the Making of a Modern Royal Family* by Omid Scobie and Carolyn Durand.
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can't help but take things far too personally."

At least two other family members also voiced concerns to each other over the pace at which Harry's relationship was moving. Meghan had often been the topic of conversation and gossip among them. When she first arrived in the prince's life, one senior royal referred to the American actress as "Harry's showgirl." Another told an aide, "She comes with a lot of baggage." And a high-ranking courtier was overheard telling a colleague, "There's just something about her I don't trust." Harry was "aware of the talk," a close friend of his said. "He's extremely protective of Meghan. He understands that a lot of people are against them, and he will do everything he can to keep her safe and away from getting hurt—even if that means distancing himself from those people."

Harry viewed the negativity surrounding his relationship with Meghan as "noise," and the couple wed in May 2018. By the time they welcomed son Archie a year later, the press intrusion and lack of palace support led them to the tough decision that it was time to leave royal duty. But the negotiations with Harry's father, Prince Charles, 71, and grandmother Queen Elizabeth, 94, proved complex. The couple agreed not to receive any income from the taxpayer-funded Sovereign Grant.

While it was easy to say they wouldn't take money from the Sovereign Grant, it was quite another thing to follow through. "The biggest row was over money, because it always is," a source familiar with the negotiations said. One aide made a catty joke about Meghan launching a line of beauty products. More accurately, the couple hoped to earn a living through speaking engagements, production deals, and other commercial endeavors that had social impact. Still, there were some difficult calculations to be made. If Harry and Meghan did some official work, they would have to figure out how much of their expenses—such as office-related costs and money for security or clothes—were private rather than subject to tax relief. "They've created a complete headache for everyone," an exhausted aide complained on the fifth day of meetings.

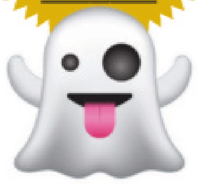
Even sources close to Harry and Meghan admit that the way the couple were forced to approach the situation—keeping the family and team in the dark about their website—"created a lot of ill will in the household and especially in the family."

"Harry and Meghan would have reached a more beneficial agreement to allow them to live the life they wanted if they had handled things in a private, dignified way," explained a senior Buckingham Palace aide. Added another courtier, "They oversimplified what they were asking for. They thought they'd give Charles their rider, negotiate over email, rock up to London, give three months notice and fly back to Canada." Harry and Meghan, however, felt that they had been patronized by other family and staff members for too long. People had humored them when they brought up their grievances, never thinking the couple would actually do anything drastic. The explosive reaction was a direct result of their growing impatience. If other members of the family and those working with the Households had taken their requests more seriously, it wouldn't have reached that point. Either way, the source said, "The courtiers blame Meghan, and some family do." The media speculated that Meghan was behind the decision for the couple to step back, but few knew how much she sacrificed to try and make it work. As Meghan tearfully told a friend in March, "I gave up my entire life for this family. I was willing to do whatever it takes. But here we are. It's very sad."

While the British media often blamed royal wives, in Harry's case, he was very much on board with distancing himself from the public eye. It's why he gravitated toward the military, avoided the pomp as much as he could, and didn't give his child a title. He long craved a life away from the prying eyes of the media. Meghan simply emboldened him to make the change. She supported him no matter what. "Fundamentally, Harry wanted out," a source close to the couple said. "Deep down, he was always struggling within that world. She's opened the door for him on that." ●

Revealed:

HARRY'S FAVORITE EMOJI!



His 'Boo'

In addition to emoji-filled texts, Harry also had a secret Instagram account, @SpikeyMau5, that Meghan followed at the start of their romance—a play on the DJ Deadmau5.

Their Next Chapter

"They're always going to be ambassadors for the royal family," Durand says of Meghan and Harry (in '18). "There's a lot to look forward to."

CLOCKWISE FROM TOP: ISTOCKPHOTO/GETTY IMAGES; PHIL NOBLE/REUTERS/PA IMAGES

REGIS PHILBIN

Farewell to a Beloved TV Icon

HE STARTED OUT AS A KID FROM THE BRONX WITH BIG SHOWBIZ DREAMS—AND HE BECAME A NATIONAL TV TREASURE BY TELLING STORIES, HAVING FUN AND JUST BEING HIMSELF

By **EMILY STROHM**

Regis Philbin loved to make an entrance. Nobody knew that better than Kathie Lee Gifford, his longtime friend and former cohost. “We’d walk into the most packed restaurant, and he would say, ‘Regis is here! Look, people, she can’t get enough of me. I can’t get rid of her!’ ” Gifford, 66, recalls to *People.* “This went on long after we stopped working together. He’d do the same thing at my house. He’d walk in and announce, ‘Regis is here!’ He made everyone laugh the minute he walked in.”

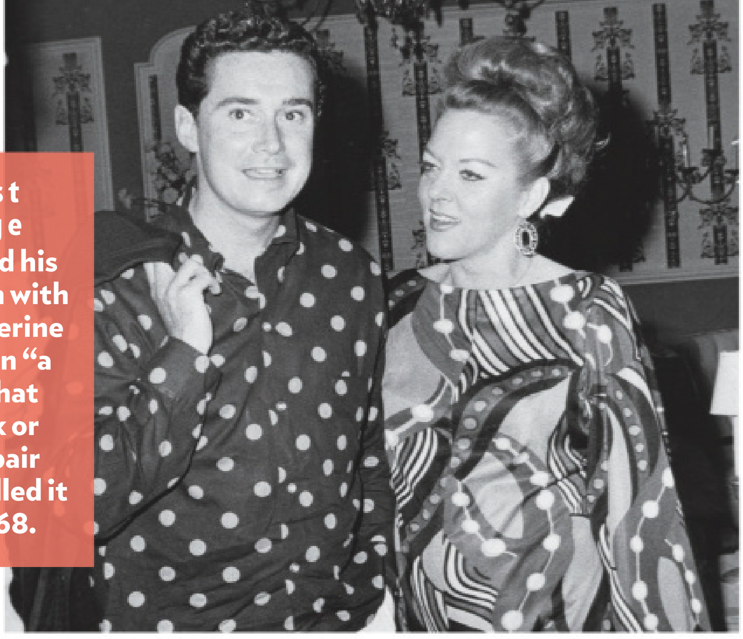
The last time Gifford saw her dear friend—just weeks before his death—Philbin was frail but still smiling, she recalls. He and Joy, his wife of 50 years, visited her Connecticut home. “We sat on my screened porch, and we laughed ourselves sick—we always just picked up right where we left off,” Gifford said on the *Today* show July 27. “We had the best time, and after they left, I just thought to myself, ‘Lord, is that the last time I’m going to see my friend?’ Because he was failing, I could tell.”

Sadly, it would be their final meeting. The beloved TV host died July 24 of heart disease in Greenwich, Conn. He was 88. Joy Philbin, 79, and their daughters Jennifer, 45, and Joanna, 47, said in a statement to *People,* “His family and friends are forever grateful for the time we got to spend with him—for his warmth, his legendary sense of humor and his singular ability to make every day into something worth talking about.”

When it came to talking, Philbin was an Olympian—spontaneous, combustible, relatable and invariably authentic. Throughout his 15-year

A Life Full of Laughs Philbin (in 2011) “is simply the world’s best storyteller,” says Kelly Ripa.

BRIAN DOBEN; INSETS, FROM LEFT: PETER KRAMER/NBCU PHOTO BANK/GETTY IMAGES; JAMES DEVANEY/WIREIMAGE



His First Marriage
Philbin called his 13-year union with actress Catherine "Kay" Faylen "a marriage that didn't work or last." The pair (ca. 1965) called it quits in 1968.

A Loving Family

Above: Philbin with wife Joy in 1989. Left: The couple with daughters Jennifer (left) and Joanna in 1987. Below: Philbin and Joy in 2017. "Each child is different, has a different sensibility. But you love them all and want the best for them," Philbin said in 2005.

partnership with Gifford on *Live with Regis and Kathie Lee* and 11 years alongside her successor Kelly Ripa, he and his cohost didn't speak before airtime. Then they would let loose for the show's first 15 minutes—about what they did that morning or the day before: sleeping through the alarm; misplacing car keys; Joy's enthusiasm for being first in the buffet line; Kathie Lee's coping with a mastitis infection. "He turned every little daily annoyance and happiness into a story, and he shared all those little stories with people in a joyful and conversational way," his wife and daughters said. "It made his audience feel like they were right alongside him, because they were."

Philbin changed the TV landscape. "Before *Live,* talk shows were about the guests," says Brian Stelter, CNN's chief media correspondent and the author of *Top of the Morning: Inside the Cutthroat World of Morning TV.* "But Regis had so much personality and energy. Morning television is all about companionship, and Regis was able to have a conversation with anyone about anything."

Author Diane Clehane (a *People* contributor) recalls a chance encounter with Philbin on a train to New York City in the 1990s. "He asked me what I was going to be doing in New York, and I told him I was meeting my boyfriend," she says. "He went into full 'Regis' mode, saying, 'He should be coming up to see you!' Then when I told him we'd been dating a few years, he said, 'What is this guy waiting for? I have to meet this guy.' Regis walked with me to the information booth at Grand Central station, where I was supposed to meet my boyfriend—now husband—but he was late. Regis's parting words to me were, 'You better tell that guy to shape up!' "

> 'Regis was the king of the dad joke'
>
> –WHO WANTS TO BE A MILLIONAIRE PRODUCER MICHAEL DAVIES

●●●

Philbin's ease with people came naturally. "He never forgot where he came from," said Gifford. Raised in the Bronx by his father, Frank, a U.S. Marine, and his mother, Filomena, Philbin graduated from Notre Dame in 1953 and enlisted in the Navy, but he dreamed of a career in show business. When he was discharged from the military in 1955, he landed a job as an NBC page. "My first assignment was to go down to the set of *Tonight,*" he told *People* in 2011. "I looked at Steve Allen playing the piano, making jokes. Everyone was beautiful and talented. I thought, 'What am I doing here? What can I do in this business?' " Philbin found work as a Hollywood stagehand and a

FROM TOP: DARLENE HAMMOND/ARCHIVE PHOTOS/GETTY IMAGES; TIME LIFE PICTURES/DMI/THE LIFE PICTURE COLLECTION/GETTY IMAGES; RON GALELLA, LTD./RON GALELLA COLLECTION/GETTY IMAGES; TODD WILLIAMSON/GETTY IMAGES

The Hardest-Working Man in Show Business

PHILBIN HOLDS THE GUINNESS WORLD RECORD FOR MOST HOURS ON-CAMERA

The Regis Philbin Show

In the early 1960s Philbin served as writer, producer and host of a San Diego talk show. Ronald Reagan was one of his guests.

The Joey Bishop Show

Philbin gained national television exposure while working as Bishop's sidekick from 1967 until the show's cancellation in 1969.

The Neighbors

The short-lived game show, which Philbin hosted from 1975 to '76, pitted neighbors competing against each other for cash.

A.M. Los Angeles

In 1975 Philbin began a six-year run hosting the morning news show alongside Sarah Purcell and Cyndy Garvey.

Regis Philbin's Show

In 1981 he teamed up with Mary Hart for his own national NBC talk show, but it was canceled after just four months.

The Morning Show

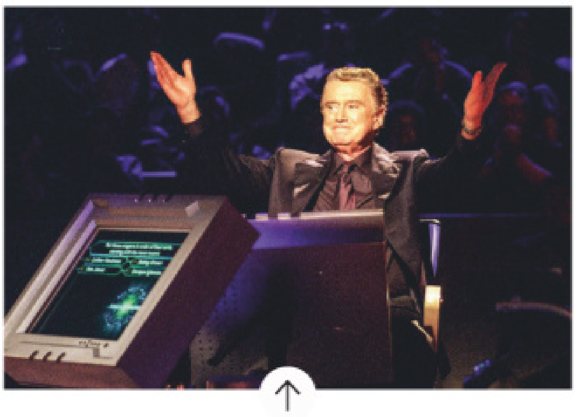
Burt Reynolds made a 1984 appearance on Philbin's show, which he cohosted with Ann Abernathy. She was replaced by Kathie Lee.

Regis Philbin's Lifestyles

In the mid-'80s Philbin was the solo host of a one-hour magazine show on the Lifetime network. The series ended in '87.

Live with Regis & Kathie Lee

Philbin was first paired with Kathie Lee Gifford in June 1985. The show became nationally syndicated three years later.



Who Wants to Be a Millionaire

Philbin won a Daytime Emmy Award for hosting the popular game show, which premiered in 1999 to huge ratings.

America's
got Talent

America's Got Talent

Producer Simon Cowell tapped Philbin to host the first season of his popular talent-search show on NBC in 2006.

Live with Regis & Kelly

After sharing cohosting duties with Kelly Ripa for 11 years, Philbin departed the show in November 2011.

RACHAEL&
REGIS

Rachael Ray

Following his run on *Live,* Philbin became a regular guest from 2012 to 2017 on the celebrity chef's daytime talk show.

TOP ROW, FROM LEFT: EVERETT; WALT DISNEY TELEVISION/GETTY IMAGES; EVERETT; SECOND ROW, FROM MIDDLE: EVERETT; THE LIFE PICTURE COLLECTION/GETTY IMAGES; THIRD ROW: EVERETT(3); FOURTH ROW, FROM LEFT: NBCU PHOTO BANK/GETTY IMAGES; ROB KIM/GETTY IMAGES; DAVID M. RUSSELL/RACHAEL RAY SHOW

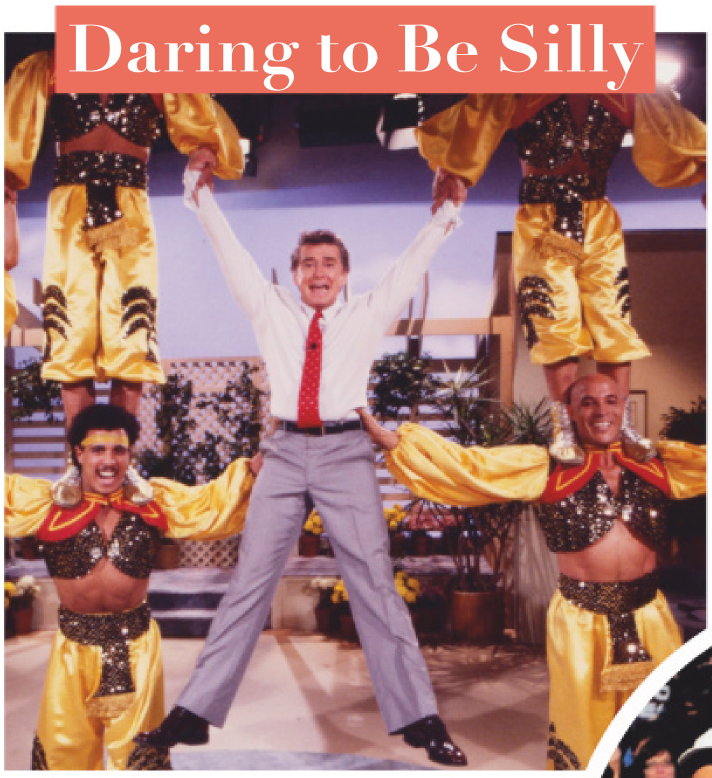
TV reporter before landing his own talk show in 1961 in San Diego. That stint opened the door for his next big break, as Joey Bishop's sidekick on *The Joey Bishop Show.* "Regis worshipped Bing Crosby, and one day when Bing was the guest, Joey told Bing that Regis was a huge fan and goaded Regis into singing something," Joy and the couple's daughters recall. "Regis sang 'Pennies from Heaven' right to Bing, and it helped get him his first recording contract."

All Smiles
Philbin in his N.Y.C. office in 2004.

•••

But his true talent was for TV. For the next 18 years Philbin hosted shows in several cities before returning to New York in 1983 to host *The Morning Show, Live*'s local predecessor. Gifford joined as cohost in 1985. "We had no idea what a phenomenon it would become," she said. "As an entertainer, he was fearless. He knew that silly was powerful. If he had to put on a stupid-looking hat, he'd do it. If I had to let a bird land on my head, I'd do it." In 2000 Gifford departed the show, but they remained close after Philbin welcomed new cohost Kelly Ripa in 2001. He left in 2011.

Daring to Be Silly



←
Jumping for Joy
In 1987 Philbin showed off his acrobatic skills on an episode of *The Morning Show.*

Blowing the Whistle
Reege refereed as Bill Murray (right) kicked field goals on David Letterman's (center) *Late Show* in 2012.
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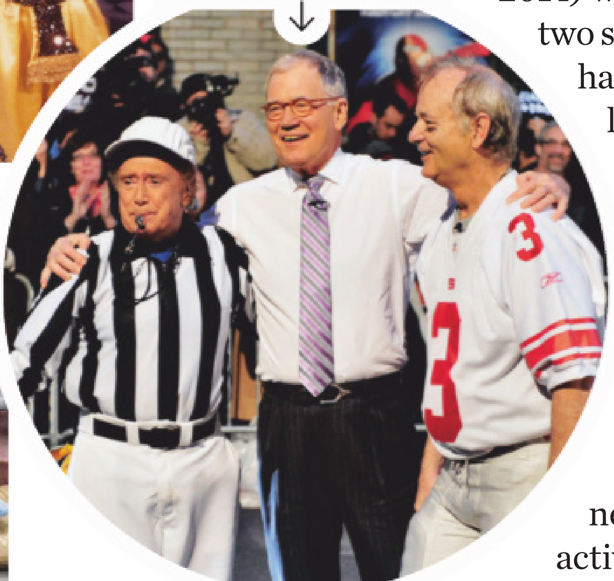

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Pregnant Pause
Philbin supported pregnant Kathie Lee Gifford during an on-air Lamaze class in 1990.

→
Push-Up Power
He worked out with American Gladiators on an episode of *Live with Regis and Kathie Lee* ca. the 1990s.

Philbin wasn't just a master of talk shows. In 1999, when *Who Wants to Be a Millionaire* was looking for a host, "I begged my way on," he joked to *People* in 1999. In fact "he was No. 1 on the list," says *Millionaire* producer Michael Davies. "Regis was the most likable broadcaster of all time. He sometimes unnerved people, but it felt completely friendly, and he put a smile on everyone's face." With all that, Philbin still found time to be a doting husband and father. He had two children (Amy, 62, and Daniel, who died at age 49 in 2014) with his first wife, Catherine Faylen. The two split in 1968. In 1970 he married Joy, who had been Joey Bishop's assistant. "I got very lucky with Joy," he told *Esquire* in 2005. "She is everything a woman should be. She really is a finished product. Rock solid." They enjoyed going to the gym and playing doubles tennis together. "If we win at tennis, then we're totally in love for the rest of day," Joy told *Parade* in 2011. "There's just something about Regis. There's always something new on the horizon, and it keeps our lives active and fun. I'd rather be with Regis than any other person in the world." That sentiment is one shared by many. His close friend David Letterman, the former *Late Show* host, described him as "charming and lovable" and "the best guest we ever had." Adds Gifford: "There has never been anyone like him. And there never will be."

With reporting by **ELIZABETH LEONARD, ELIZABETH McNEIL** *and* **CHARLOTTE TRIGGS**

FROM TOP: VINCENT LAFORET/THE NEW YORK TIMES/REDUX; WALT DISNEY TELEVISION/GETTY IMAGES; JOHN PAUL FILO/CBS/GETTY IMAGES; JUDIE BURSTEIN/GLOBE PHOTOS; EVERETT

‘He was the gold standard’

—TV HOST TOM BERGERON

Life After *Live*
Philbin in New York City in 2014. Inset: He made a cameo on an April 2020 episode of *Single Parents*, the ABC comedy his daughter Jennifer Philbin co-created.

DAN HALLMAN/REDUX; INSET: RICHARD CARTWRIGHT/ABC/GETTY IMAGES

SEPARATE LIVES Kardashian (in L.A. on June 28) and West (in Cody, Wyo., on July 22) hadn't seen each other in weeks prior to her July 27 visit.

KIM KARDASHIAN WEST & KANYE WEST

PUBLIC STRUGGLES, PRIVATE PAIN

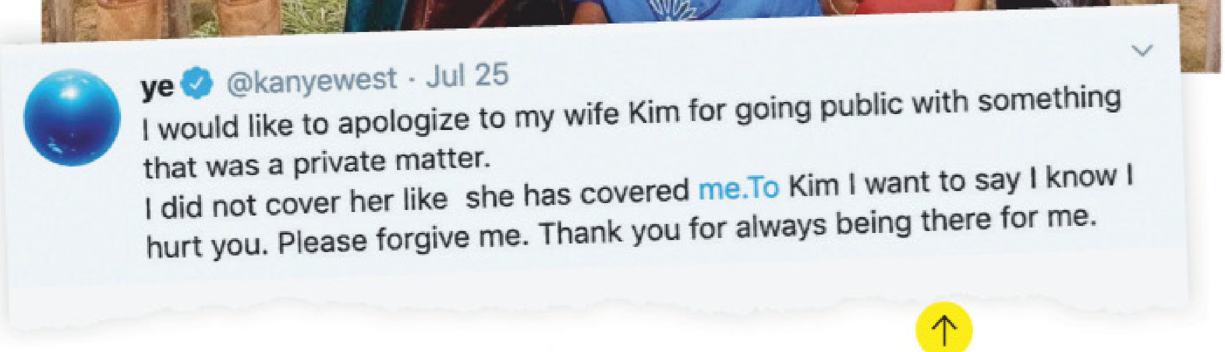
AS THE RAPPER AND FATHER OF FOUR GRAPPLES WITH HIS MENTAL HEALTH, SOURCES SAY HIS MARRIAGE IS AT A BREAKING POINT

By **AILI NAHAS**

Kim Kardashian West and Kanye West have weathered plenty of ups and downs in their six-year marriage. But when a visibly tearful Kardashian came face-to-face with West on July 27 for the first time following his recent outbursts and incendiary tweets, tensions clearly had reached a breaking point. "Kim loves Kanye, but she doesn't know what to do, and she feels trapped," an insider says of the couple, whose reunion took place at the family's $14 million ranch in Cody, Wyo., where West has been staying while Kardashian has been in L.A. with their four children. "She has a lot to say to him. She's had enough." The insider says West "totally ghosted" Kardashian as she tried for days to reach him, and he finally agreed to meet with her after some nudging from mutual pal Justin Bieber, who visited on July 24. "Justin actually told Kanye that he needs to talk to Kim. He didn't want to face her. He knows he disappointed her, that she's upset, and that makes him upset," the insider says.

Already existing strains in the couple's marriage worsened after West—who was diagnosed with bipolar disorder in 2018—announced his unlikely run for President on July 4 and later publicly claimed that he and Kardashian had discussed aborting her pregnancy with daughter North, now 7, and that he had been trying to get a divorce since 2018. Before his latest run of troubling behavior, the two had discussed ending their union and "were even attempting to figure out the most amicable and loving co-parenting situation," according to a source close to the Wests, who also share sons Saint, 4, and Psalm, 1, and daughter Chicago, 2. Now "Kanye has gone down a

FROM LEFT: BACKGRID/SPLASH NEWS; BACKGRID


ye @kanyewest · Jul 25

I would like to apologize to my wife Kim for going public with something that was a private matter.

I did not cover her like she has covered me.To Kim I want to say I know I hurt you. Please forgive me. Thank you for always being there for me.

BONDED BY FAMILY
"Kanye is the father of her children, and she will always care about him," says a source of Kardashian (above in Wyoming in June with West and their kids North, Psalm, Saint and Chicago). Inset: West's July 25 apology tweet.

different path. Everything that is happening right now is just like a horrible sideshow to what the real issues are," says the source. After Kardashian made a public plea for "compassion" amid West's mental health struggles on July 22, West released a remorseful statement of his own. "To Kim I want to say I know I hurt you. Please forgive me. Thank you for always being there for me," he tweeted on July 25. A West source says, "Kanye has a lot of regrets about sharing such private details. He definitely understands that he upset Kim, and he feels very bad about it. It's obvious that he still loves her."

Friends hope the crisis is easing for West. In recent days he "seems more relaxed and chilled out," says the insider. "He's focused on his music and excited to share it with the world." The Grammy-winning artist has been teasing the release of a new album called *Donda* (named for his late mother, Donda West) in the near future and has received visits and public shows of support from friends like Bieber and Dave Chappelle (see sidebar).

'KIM LOVES KANYE, BUT SHE'S HAD IT. SHE'S REALLY UPSET'
—AN INSIDER

As for his wife, "this is a very sad time for Kim," says the insider. "She thinks of Kanye as the love of her life, but it's not healthy for her to be around him right now, and it's not healthy for their kids." Given all that's at stake, sources say Kardashian is prepared to take action. "The Kardashian women stand by their men," says the source close to the couple. "But Kim is also a fierce protector of what she holds dear: her children first and foremost. It's time for some real work to be done to get everyone healthy and moving forward."

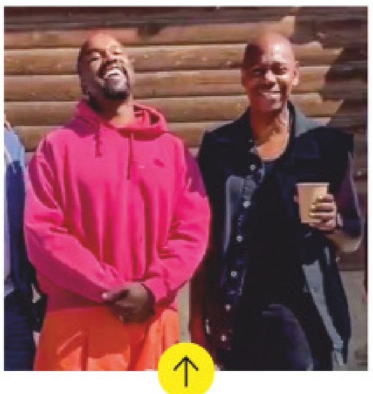
With reporting by PERNILLA CEDENHEIM *and* STEVE HELLING

People health

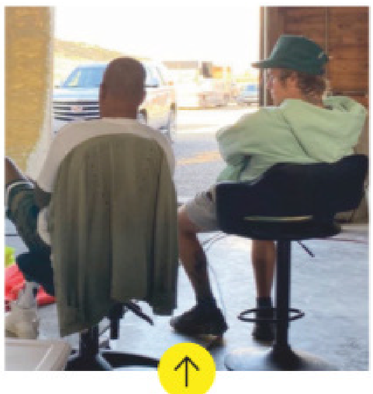
THE FACTS ON BIPOLAR DISORDER

The mood disorder "can involve episodes of mania, hypomania and depression," says Dr. Samar McCutcheon, a psychiatrist at the Ohio State University Wexner Medical Center. Most people with bipolar disorder are able to live symptom-free in a "typical baseline mood," but environmental factors, such as life stresses or seasonal changes, can trigger manic phases. During that time patients can have an "elevated or irritable mood, increased energy and activity, decreased need for sleep and increased self-esteem lasting several days," McCutcheon says. In some cases the episodes can last weeks or months. To manage, patients need therapy and medication—but it is often difficult to get them help. "Unfortunately a hallmark of mania is that a person can lose insight into the severity of their illness," she says. McCutcheon urges people to remember that "mood episodes do not define" those with bipolar disorder. "The general public can be most helpful by having compassion."
—JULIE MAZZIOTTA

Kanye's Circle of Support


DAVE CHAPPELLE
West thanked the comedian for his July 21 ranch visit. "You are a god send and a true friend," he wrote on Twitter.

TINA FREY
On July 25 West flew to San Francisco to see his "new YEEZY team member," a housewares designer.


DAMON DASH & JUSTIN BIEBER
Bieber and the producer have visited West. "Justin wants to be supportive," a source says.

Olivia de Havilland was delighted with her extraordinary longevity. "How many women in this world are served breakfast in bed every morning by a gorgeous young man? I am," she told *Entertainment Weekly* in 2015. "So how do I feel about older age? Crazy about it! Wouldn't trade it for anything!"

The actress, best known as kind, sweet Melanie in the 1939 blockbuster *Gone with the Wind,* died at the age of 104 July 26 in Paris, where she lived since the 1950s. She was perhaps the very last living symbol of Hollywood's Golden Age, outlasting even Kirk Douglas, who died at 103 in February. "She knew how to live and was loved by all," Mia Farrow wrote on Twitter.

Gone with the Wind's reputation has dimmed in the modern era because of its egregiously unrealistic depiction of Black life in the Civil War South, but de Havilland was much more than her role as Melanie. She was elegant, intelligent and, in her well-mannered way, determined to stand up for herself. "It is essential not to give up in any struggle one undertakes," she said. Early in her career, she fought hard against being typecast as girlfriends and ingenues ("How I longed to play a character who *initiated* things," she once remarked). She won a landmark case against Warner Bros. in the 1940s, limiting the contract system that could bind actors to studios. As recently as 2017 she sued FX and Ryan Murphy Productions over the Bette Davis-Joan Crawford docudrama *Feud*—she alleged that the TV version of her (played by Catherine Zeta-Jones)

OLIVIA DE HAVILLAND

1916-2020

Hollywood's Grande Dame

THE STAR, WHO DIED AT AGE 104, WAS THE FOND, FINAL REMINDER OF A GOLDEN ERA OF MOVIEMAKING

By **TOM GLIATTO**

‘I’m content with the role that life has given me: a centenarian!’

–TO *PEOPLE* IN 2016

Gone with the Wind

The box office phenomenon, controversial today, was one of de Havilland’s favorites. Costar Hattie McDaniel (far left) was the first Black performer to win an Oscar.

Two-Time Oscar Winner

She won for the 1946 weepie *To Each His Own* and three years later for the classic *The Heiress* (below, with Ralph Richardson).

A Big-Screen Icon

Her Favorite Costar

She was deeply in love with Errol Flynn (in *Robin Hood,* one of their eight films together) but always claimed they kept their relationship platonic.

was unacceptably vulgar. That one she lost.

De Havilland’s most famous feud, a decades-long hostility with her younger sister, actress Joan Fontaine, was the stuff of showbiz legend. Their antagonism, so deep that they didn’t speak for years, was rooted in childhood rivalry, Oscar competition and mutual disdain. Asked about it by the Associated Press in 2016, de Havilland elusively said Fontaine had an “astigmatism in her perception of people.”

Born in Tokyo to British parents, de Havilland broke through to box office stardom with Errol Flynn in a string of 1930s hits, including *Robin Hood.* She and the virile Flynn loved each other, she said, but never consummated the relationship: “There are no words to describe my feelings for Errol Flynn.” (She was also linked with Howard Hughes and James Stewart.) She gradually won the meaningful roles she yearned for and matured into a formidable actress, especially as the bitter heroine of *The Heiress* (1949), for which she won her second Best Actress Oscar.

Twice married and survived by her daughter, journalist Gisèle Galante Chulack, 64, she loved Paris, where she died peacefully at home. In France, “when I would meet a prince or a duke, he was a real prince, a real duke,” she said. Witnessing the long, slow procession of stars preceding her in death didn’t make her melancholy. “When I see them vibrantly alive onscreen,” she told *Entertainment Weekly,* “I experience a kind of reunion with them, a joyful one.” ●

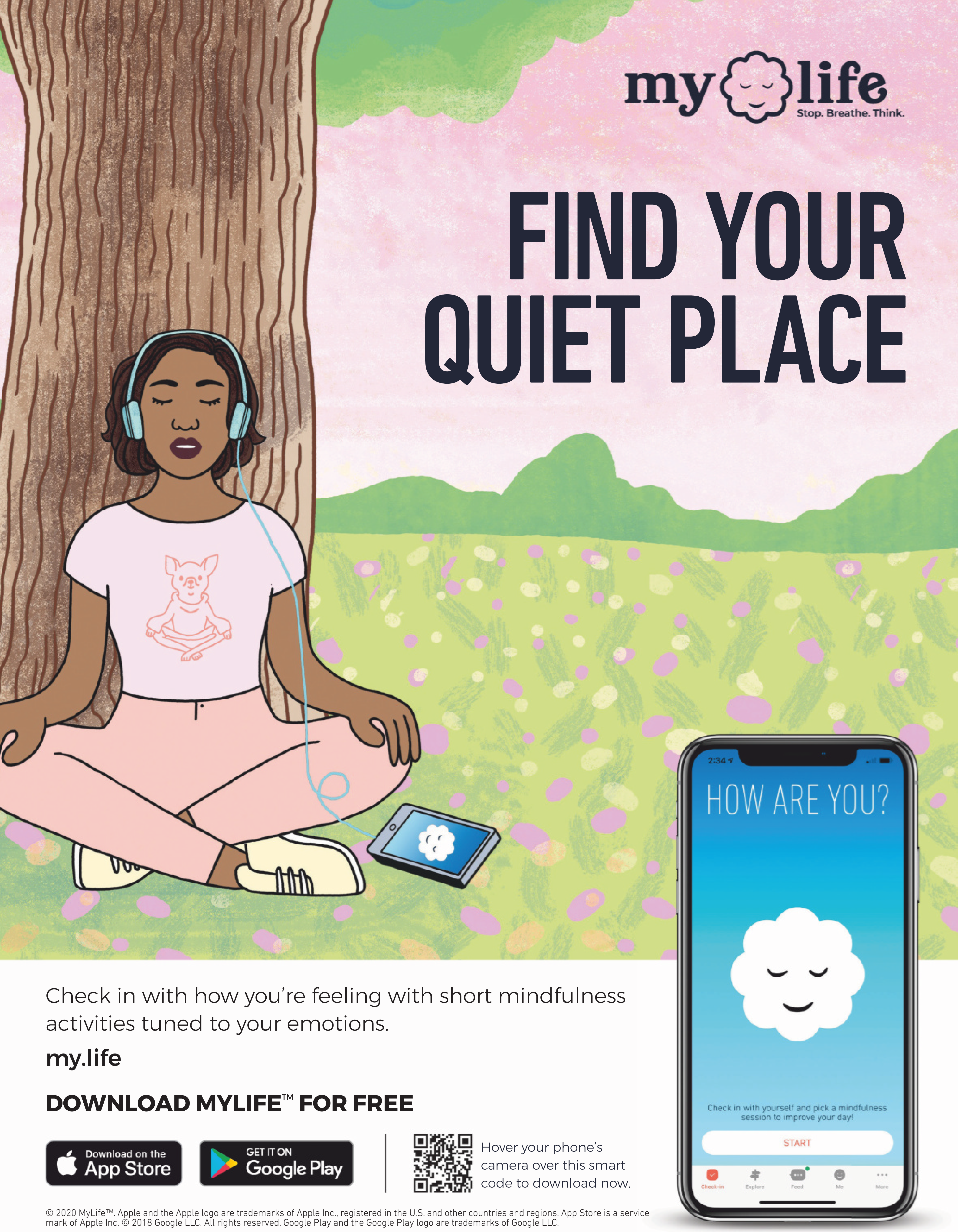
Family Feud

Their adult relationship was fraught, but “I loved her so much as a child,” de Havilland said of sister Joan Fontaine (ca. 1945).

CLOCKWISE FROM LEFT: JULIEN MIGNOT/THE NEW YORK TIMES/REDUX; LMPC/GETTY IMAGES; BETTMANN ARCHIVE/GETTY IMAGES; AP/SHUTTERSTOCK; SILVER SCREEN COLLECTION/GETTY IMAGES; MOVIESTORE/SHUTTERSTOCK

my life
Stop. Breathe. Think.

FIND YOUR QUIET PLACE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HOW ARE YOU?
Check in with yourself and pick a mindfulness session to improve your day!
START
Check-in
Explore
Feed
Me
More

Check in with how you're feeling with short mindfulness activities tuned to your emotions.

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People
MENTAL HEALTH
Let's *Talk* About It

JOURNALIST
SARAH MASLIN NIR

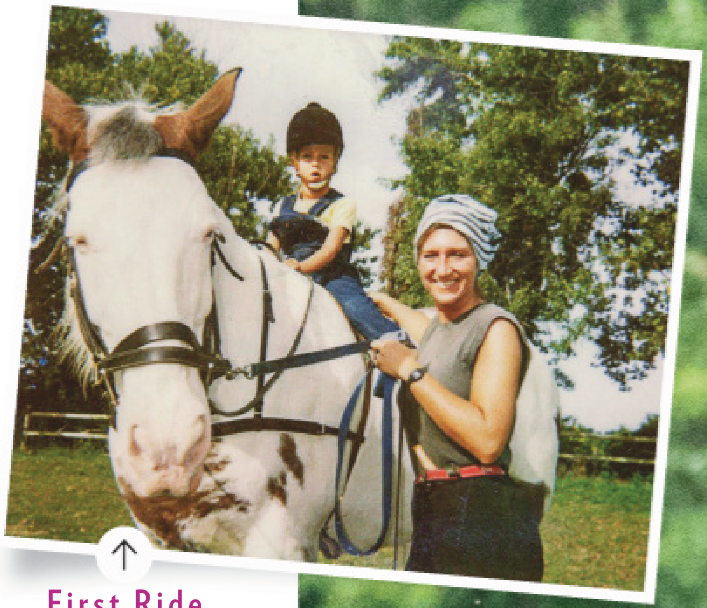
'The Horses Saved Me'

AFTER SHE WAS RAPED AT 18, SAYS THE AUTHOR OF THE NEW BOOK *HORSE CRAZY*, IT WAS HER EQUINE COMPANIONS WHO GOT HER THROUGH *By* **JASON SHEELER**

The bouncer at the East Hampton, N.Y., bar, Sarah Maslin Nir remembers, looked "like a 6-ft.-5 Ken doll." It was the summer of 2001, and Nir—just 18 and sexually inexperienced ("I'd had, like, one 16-year-old boyfriend")—was living at her family's weekend home and working at an ice cream shop and horse stables before beginning studies at George Washington University. The night the cute bouncer, who was 31, bought her a drink, she accepted his offer of a ride home; the next thing she knew she was waking up at the beach, her underwear around her ankles and the bouncer on top of her. "I started to knee him and kick him," she says. "I said, 'Stop.'" He held both her hands down. "Wait," he told her. "I'm almost finished."

Photographs by VICTORIA WILL

HAIR & MAKEUP: JOANN SOLOMON



↑

First Ride
Her parents decided to sit her atop Guernsey the horse when she was 2 "to keep me still," says Nir (with her riding instructor Diana Zadarla in 1985).

→

Leaps and Bounds
Nir (on Bravo in 2018) grew up to be a champion show jumper. "Horses demand you to handle them with grace," she says.

Nir told no one about the rape. She spent years blaming herself. "I thought, 'You drank drinks he gave you. You got in his car. This is what sluts get.'" She finally entered therapy in her late 20s and was diagnosed with post-traumatic stress disorder. But she firmly believes that what allowed her to survive the intervening years was the solace she found in horses. "I've always felt most free around horses," says Nir, now 37 and a *New York Times* reporter, whose new book, *Horse Crazy*, chronicles America's obsession with the animal, as well as her own. "Without my knowing it, they had been saving me my whole life."

Nir and her three brothers were raised in New York City by a mother and father who worked, respectively, as a psychologist and psychiatrist. (Her father, Yehuda, was in private practice, specializing in post-traumatic stress disorder. Her mother, Bonnie Maslin, found a career as a television expert, appearing on *Oprah* and *Donahue*.) Yehuda, who died in 2014, had survived the Holocaust with a forged Catholic baptismal certificate. His experiences, detailed in the book *The Lost Childhood*, shaped her life. To him, her very existence was a trophy. "My father saw his children's success as a victory lap right around Hitler," Nir says.

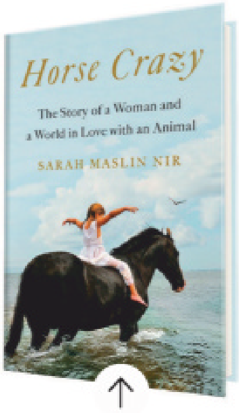
The family lived on Park Avenue. The children attended exclusive private schools and rode horses in the Hamptons on weekends. Nir and her family were living out Ralph Lauren's polo-pony-ed American dream. "Ralph *Lifshitz!*" her father liked to remind everyone, referring to Lauren—who is Jewish—by his birth name.

Nir loved horses from the time she was 2, when she first sat high atop a gelding named Guernsey. Formal lessons in Central Park began when she was 8. Ribbons and trophies quickly followed. "As a child, I needed something to love really, really hard," she says. "I found that with them. As I got older, they were there for me when so many people in my life could not be."

She felt that her dad, for instance, couldn't really see her fully. "Around the dinner table, conversations were about what the Nazis had done to my grandfather," she remembers. It became clear that any problem she encountered could never match the horror her father had endured. "All the way through high school," Nir says, "I had never known cruelty. I once told him that in comparison to him, I didn't feel like a real person." Her father's response: "Never envy me my wounds. I envy you are spared your own."

She was not spared. But after she was raped, shame kept her from confiding in her parents. Instead she turned, wordlessly, to her four-legged friends. "On two feet I was a victim," she says. "Given four more, I felt invincible." She was both in control ("We climb on their backs like a predator would") and demonstrably vulnerable: Her skin bears the bruises and scars of falls and bucks, a visual timeline of her relationship with horses named Amigo, Willow and Trendsetter. Because the wounds didn't break her, she learned she was resilient. She also learned compassion. "Some people say riding horses is a dance. I don't think it's a dance when one partner is under compulsion. I think a good horseman recognizes that it's not a mount underneath them—it's a soul."

But her deep-seated anxiety never went away, even after she started therapy. Neither did her difficulties with intimacy. Because she dreads wak-



Horse Crazy
The Story of a Woman and a World in Love with an Animal
SARAH MASLIN NIR

↑

Natural Instincts
"A horse's stride replicates a… rhythm we all felt for the first nine months of our lives," Nir writes in her book.

Proud Parents
Nir with mom Bonnie Maslin and dad Yehuda Nir at her graduation from the Columbia School of Journalism in 2009.

CLOCKWISE FROM BOTTOM LEFT: COURTESY SARAH MASLIN NIR; DIANA SADARIA; PAWS AND REWIND LLC

What Is Equine-Assisted Therapy?

Nir found healing through horses on her own, but there are a number of organizations that offer therapy with an equine element. Among them, near Palm Springs, Calif., is Wind Horse Crossing, founded by Dr. Nancy Waite-O'Brien, 73, a psychologist and former vice president of clinical services at the Betty Ford Center. Equine-assisted therapy, Waite-O'Brien says, works particularly well for people with trauma issues. "You know that sensation you get when someone is fake? Horses have that too, but stronger," she explains, which means patients are more likely to open up honestly around them. Waite-O'Brien will take patients into an area with eight horses and let the animal choose the person. Then, over several meetings and guided by Waite-O'Brien, the two become comfortable with each other. Gradually, patients reveal themselves. "When you tell a horse the truth," she says, "you both change."

> 'Horses taught me about love. In many ways, they raised me'
>
> —SARAH MASLIN NIR

ing up to see a man's body above her, she recently "had to ask my now ex-boyfriend not to get up and pee in the middle of the night," she says with an uncomfortable laugh.

It wasn't until the era of #MeToo that she was able to fully reckon with her past. In October 2017 the talk around her desk at the *New York Times* concerned a blockbuster story: the dozens of women Harvey Weinstein was accused of raping and sexually abusing. There was shock, outrage—and a question. "Why wait so long to come forward?" Nir was familiar with the question—and understood the answer.

She was not assigned to work on the story, but that day she felt her entire body seize up as if waking suddenly from a bad dream—a "flight response," her therapist had told her it was called. A sudden jolt of adrenaline. *Get out, go,* her body seemed to tell her.

It took another year, but she did. Nir drove to the end of Long Island. "A drive that normally takes two and a half hours took twice as long," she recalls. "I kept pulling over to breathe." She had decided to file a police report. The road took her past the barns of the Hamptons, where she'd ridden for her entire life. She saw a field of bay Clydesdales. She immediately felt calmer. And stronger.

"I wanted to come forward," she says, "as much for myself as other women." Her fear and remorse had only grown with time, but the focus had shifted. "My shame moved from the act itself," she says, "to my silence."

Two years later Nir's case against her rapist is progressing through the legal system (no charges have been filed to date). She continues to treat her PTSD in weekly sessions with her human therapist, supplemented by blissful hours with her equine ones. She also now serves on the board of Gallop NYC, a charity that provides equine therapy to disabled children, veterans and at-risk youth.

"When I'm on my horse today, I'm strong enough to have compassion for the girl I was," she says. And she stands much taller. "I can see things from a different perspective. I know I did what I had to do to survive." ●

Spirit Animal "Horses are vulnerable to us," says Nir (with Stellar in New Jersey on July 20). "You have to be a constant reminder that you're safe to be with."

CAUGHT ON CAMERA
Surveillance video captured the shooter (above) exiting this black Nissan Frontier truck near Barraza's home.

A Garage Sale Turns Deadly

KILLER IN THE NEIGHBORHOOD

MORE THAN 18 MONTHS AFTER ELIZABETH BARRAZA WAS FATALLY SHOT IN HER OWN DRIVEWAY, POLICE SAY HER ASSAILANT REMAINS UNKNOWN

By **STEVE HELLING** *and* **CHRISTINE PELISEK**

Her bags were packed and the park passes purchased. But the weekend before Elizabeth Barraza and her husband, Sergio, were scheduled to fly to Orlando to celebrate their fifth wedding anniversary at Universal Studios' Wizarding World of Harry Potter, the 29-year-old came up with a last-minute plan to earn some extra cash for the trip. "She wanted to have a garage sale," says Sergio, 32. "I was like, 'Babe, you don't have to do this. We have enough money.' But she was just that kind of person. She wanted to make sure everything was great for us."

Tragically, the special trip never happened. Shortly before 7 a.m. on the morning of Jan. 25, 2019, Sergio helped Elizabeth set up some items for sale in the driveway of their Tomball, Texas, home, then headed off to work. Just minutes later a neighbor's surveillance camera captured a black Nissan Frontier pickup drive by the Barraza home and park one house away. A small-statured person with long hair (or a wig), in a long coat and boots, jumped out. Elizabeth greeted the person, who pulled out a gun, and they had a brief conversation before the assailant shot her multiple times at point-blank range. As Elizabeth lay dying in her driveway, the shooter fled the scene. More than 18 months later, authorities have yet to make an arrest. "This is the strangest, toughest case I've ever worked," says Sgt. Michael Ritchie, lead investigator with the Harris County Sheriff's Office, adding that the killer seemed to know enough about the scene to deliberately avoid the couple's own doorbell camera. "I've not canceled or exonerated anybody off of the suspect list." Elizabeth's

> 'IT GOES AGAINST NATURE FOR THIS TO HAPPEN TO SUCH A GOOD PERSON'
> –SERGIO BARRAZA

family remains haunted by the viciousness of the attack—and questions who would have wanted to kill the outgoing, vivacious young woman who seemingly got along with everybody. "It just feels so random," says Sergio, 32. "We're just normal, everyday people. I'm still completely puzzled how this is even real. I feel like I'm living in an alternate reality."

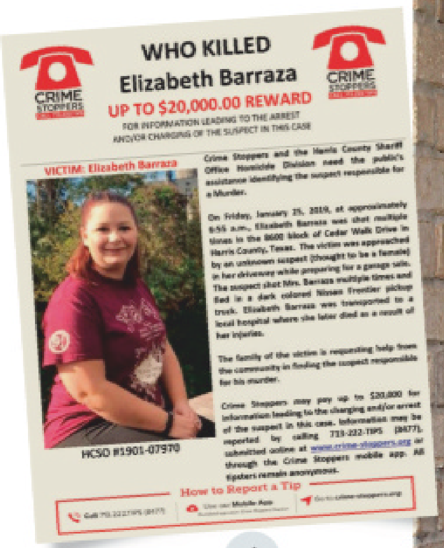
●●●

College sweethearts from their days at Sam Houston State University, Elizabeth and Sergio wed in February 2014. "Sergio was not only her best friend but an extraordinary husband," says Elizabeth's father, Robert Nuelle Jr. The couple settled down in a comfortable middle-class neighborhood in Tomball, outside Houston, with their dachshund Diesel. He worked at his father's home-remodeling business, and she got a job as a data reporter for a pipeline-inspection company. "We were like Velcro," says Sergio. "We were always together." He was a lifelong Star Wars fan, while she was obsessed with Harry Potter. Together they joined the 501st Legion, a fan group that painstakingly re-creates Star Wars costumes, and went on character visits to local hospitals. Those close to the Barrazas say they lived a quiet, drama-free life and never spoke of having any serious problems with anyone. "She'd call me to vent about work," says Elizabeth's best friend, Marci Shelley, "but it was never anything major."

The lack of enemies has mystified cops, who have been unable to figure out a motive or a suspect in the killing—or even identify the most basic details of the shooter. "There are a lot of unknowns," admits Sgt. Ritchie. "For instance, I wouldn't be surprised either way if [the shooter] ends up being male or female." One thing investigators believe: This was not a random act of violence. "I lean more toward it being that this person deliberately wanted to kill Ms. Barraza," Ritchie says, adding that the shooting has many characteristics of a professional hit. "We haven't found a trail of evidence or phone records. They didn't leave any DNA or anything behind. They didn't make any mistakes." Shortly after the shooting, the Nissan truck drove past the scene for a second time. "I feel they contacted somebody and said, 'Hey, the job's done,'" says Ritchie. "And then that person said, 'Are you sure?' And they turned around and drove by the scene one more time." Police searched both Elizabeth's and Sergio's cell phones but found nothing incriminating. "I didn't see anything on there at all that would suggest that either of them were having an affair or being threatened by somebody," says Ritchie. "There really weren't even arguments between them."

While authorities continue to investigate the murder, Sergio is left mourning his loss. He has moved out of the house they shared together and started a new job. Still, he says he can never move forward without getting answers. "I want them to find this person," he says. "I know I can't have her back, but the least I can do is get justice for her." ●

If you have information about this case, contact Crime Stoppers at 713-222-TIPS.



CRIME STOPPERS

WHO KILLED
Elizabeth Barraza
UP TO $20,000.00 REWARD
FOR INFORMATION LEADING TO THE ARREST
AND/OR CHARGING OF THE SUSPECT IN THIS CASE

VICTIM: Elizabeth Barraza

HCSO #1901-07970

Crime Stoppers and the Harris County Sheriff Office Homicide Division need the public's assistance identifying the suspect responsible for a Murder.

On Friday, January 25, 2019, at approximately 8:55 a.m., Elizabeth Barraza was shot multiple times in the 8600 block of Cedar Walk Drive in Harris County, Texas. The victim was approached by an unknown suspect (thought to be a female) in her driveway while preparing for a garage sale. The suspect shot Mrs. Barraza multiple times and fled in a dark colored Nissan Frontier pickup truck. Elizabeth Barraza was transported to a local hospital where she later died as a result of her injuries.

The family of the victim is requesting help from the community in finding the suspect responsible for his murder.

Crime Stoppers may pay up to $20,000 for information leading to the charging and/or arrest of the suspect in this case. Information may be reported by calling 713-222-TIPS (8477), submitted online at www.crime-stoppers.org or through the Crime Stoppers mobile app. All tipsters remain anonymous.

How to Report a Tip

Call 713-222-TIPS (8477)

Use our Mobile App

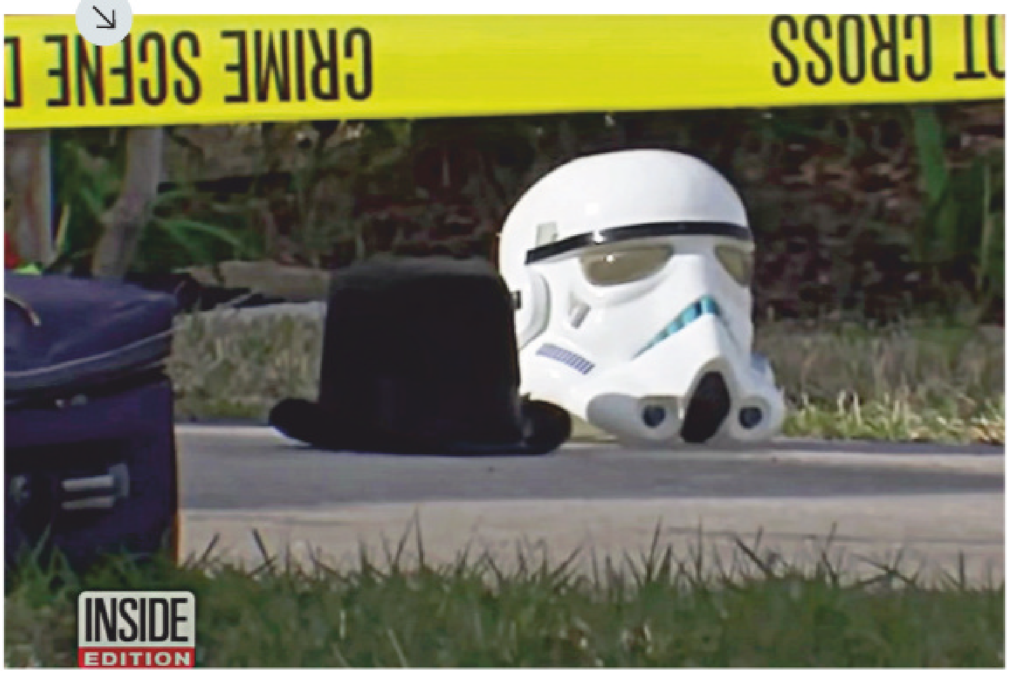
Go to crime-stoppers.org

'HAPPY COUPLE'

After their 2014 wedding, Sergio and Elizabeth (right, with their dog Diesel) decorated their home in Star Wars and Harry Potter items. "They were the happiest couple," says her father. Above: police seek tips to solve the murder.

THE GARAGE SALE

The evening before the murder, Elizabeth and Sergio posted signs directing potential customers to their garage sale. Among the items up for purchase: a Star Wars helmet.



COUNTERCLOCKWISE FROM TOP LEFT: HARRIS COUNTY SHERIFF'S OFFICE; INSIDE EDITION IMAGE COURTESY CBS TELEVISION DISTRIBUTION; COURTESY BOB J. NUELLE JR; HARRIS COUNTY SHERIFF'S OFFICE; SERGIO BARRAZA

Kerry Washington

Fame, Family & Making a Difference

EQUAL PARTS ACTRESS AND ACTIVIST, THE STAR OPENS UP ABOUT HOW SHE'S FIGHTING FOR CHANGE—AND WHAT SHE'S TEACHING HER KIDS

By **JANINE RUBENSTEIN**

THE TRUE ADMINISTRATION OF JUSTICE IS THE FIRMEST PILLAR OF GOOD GOVERNME

On the Front Lines Dale Ho, a former acting classmate of Washington's featured in her new documentary *The Fight,* is leading the ACLU's charge to protect voter rights.

CELESTE SLOMAN; INSET: COURTESY MAGNOLIA PICTURES

Kerry Washington’s mother had a very different plan for her daughter’s life. “She really, really wanted me to go to law school,” Washington says with a laugh of mom Valerie, a former college professor. “She used to say to me, ‘Closing arguments are just like monologues.’ She was terrified to have a starving artist of a child.” But the Bronx-born theater kid was destined to follow her passion. After graduating from George Washington University, she headed to Hollywood, where her turn as political fixer Olivia Pope on ABC’s Scandal *made her famous. Still, the actress, 43, never lost her drive to fight for others. It’s a principle she and her husband, football player-turned-actor Nnamdi Asomugha, 39, are working to instill in their three young children. And her acting choices —including recent roles as a mother seeking answers from police about her missing son in Netflix’s* American Son *and an artist fighting to protect her daughter in Hulu’s* Little Fires Everywhere*—have been guided by that deeper purpose. Says Washington: “I*

Class Act
In 1998 the star graduated from George Washington University, where she double majored in anthropology and sociology.

Higher Calling
"I started my life as a social-justice activist," says Washington, who spoke at the White House for International Women's Day in 2010.

Speaking Out On- and Offscreen

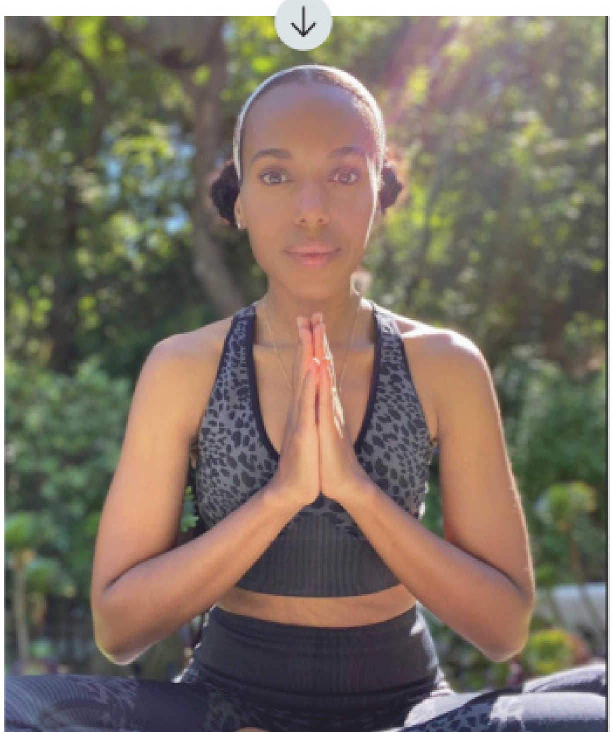
Mama's Girl
Her mom, Valerie, wanted her to go into law, but "she's okay" things didn't go her way, says Washington.

Roles That Matter
In Hulu's *Little Fires Everywhere,* Washington (with Reese Witherspoon) takes on racism and classism.

am drawn to work that illuminates our shared humanity." For her latest project, she stepped behind the camera, serving as producer of The Fight, *a Magnolia Pictures and Topic Studios documentary (available on demand July 31) about the lawyers of the American Civil Liberties Union. "They're Avengers in real life," she says, "out there fighting for all of our rights." She talked with* People *about her life with her family and her hopes to create positive change.*

When did you get the idea to make a documentary about the ACLU?
Seven days into the Trump Administration, when he enacted the Muslim ban, one of the filmmakers, Elyse Steinberg, was in Brooklyn, standing outside the federal courthouse. I was in L.A. glued to my television, and the ACLU had that incredible victory. [After federal courts blocked the executive order, the Supreme Court eventually upheld a revised version of the policy restricting travel from many Muslim-majority countries.] The ACLU were on the ground, in the trenches, fighting this fight,and I kept thinking, "Who's with them?" Elyse and I were connected and decided to get to work. There's something really powerful about how these lawyers are humanized in the film.

Finding Calm
While Hollywood is on pause because of the pandemic, Washington has a new audience, thanks to her hit yoga sessions on Instagram Live. "I'm happy to be sharing that with people, but a lot of it is for me," she says.



Has activism always been a part of your life?
I don't remember not knowing about the ACLU. I just grew up in that kind of household. My mom's a retired professor of education, and we always talked a lot as a family. If we were around a table, we were talking about the issues of the day. It was an intellectual curiosity that was instilled in us. My life as a social-justice activist started when I was 12 or 13, doing HIV/AIDS education and advocacy work in New York through an arts and education theater company.

Your mom wanted you to pursue law. How does she feel about your life now?
Oh my God, it's what she begged me to do. One of the lawyers in the film, Dale [Ho], and I were actually in acting class together 20 years ago. It was right before he went to law school. He made the choices that would have made my mother proud, and I did the other stuff.

As an actress, do you make it a point to take on roles that could have social impact?
Sometimes, but sometimes not. I think just by the nature of being a woman and a person of color, that's a political act. When I read the script for *Save the Last Dance,* I wasn't like, "This is a political movie." I thought,

'For my whole life, art and social change have been impossible to separate'

"I'm from the Bronx, I grew up with a lot of teen moms. If I can play this character with the highest level of humanity and dignity, and if I can make her aspirational in who she is, then that is a political act." Because people might think of her as a person and not as a statistic, and that's powerful.

How do you talk to your children—Caleb, 3, Isabelle, 6, and your older stepdaughter—about race and injustice?
My kids range from age 3 to 14, so it's different conversations with different folks. We're actually doing lots of studying of Africa at home right now. We were just building pyramids out of sugar cubes because we're talking about Egypt. It's figuring out how to celebrate Black identity and Black lives outside of a context of struggle. I think the struggle is so important, but so is just planting the seed of cultural value and rich humanity, so that the value of who we are doesn't come from the limitations that have been placed on us.

How has parenting been for you and Nnamdi during the pandemic?
Things are moving fast and everybody's really busy, and the kids are at home, and you're working on your computer all day. It's a lot. No matter your age, we're all navigating the two pandemics, of COVID-19 and this sort of awakening around systemic racism. It is a lot to manage for everybody. When it comes to the parenting, I'm trying to be more patient—with myself and everybody in my house. We're all in our process.

What are you doing to help cope with the stress?
I've started leading these yoga sessions on Instagram Live. It's like, "How can I carve out the time to try to breathe and be in my body in a loving and present way?" But I also know how lucky I am. I'm so grateful that I'm able to stay home, that I can afford a mask, that I have running water and soap to wash my hands. These are not things to take for granted right now.

What do you think is the most pressing legal battle the ACLU has taken on recently?
It's an overwhelming time. So many of our freedoms and civil liberties are being attacked. But I do think right now the work that Dale is doing around the census and voting rights is what I think about the most. This really is a year where it's so important that every single one of us counts.

What do you say when people ask you what Olivia Pope would do to fix America?
I say that every single person reading this has more actual power in a democracy than Olivia Pope. Maybe what you are able to give is a check or your time making phone calls or volunteering. Maybe you're able to drive people to the polls or post on social media. Even if you didn't go to law school, there's a way that you can be part of the solution. We too can be Avengers. ●

LEFT PAGE: (WHITE HOUSE) LARRY DOWNING/REUTERS; (MOM) BRAD BARKET/GETTY IMAGES; (LITTLE FIRES EVERYWHERE) ERIN SIMKIN/HULU; THIS PAGE: CELESTE SLOMAN

UMBRELLA ACADEMY'S TOM HOPPER

'My Son Has Autism & Amazes Me Every Day'

THE ACTOR PLAYS TOUGH GUYS ONSCREEN, BUT AT HOME HE'S A DOTING FATHER OF TWO ADAPTING TO RAISING A NONVERBAL CHILD *By* **KARA WARNER**

With his muscled 6'5" frame, actor Tom Hopper stands out—and that's a good thing. It's helped him land roles on action-packed shows like *Game of Thrones* and Netflix's *The Umbrella Academy.* But underneath his characters' hard-bodied exteriors, he makes sure to add a bit of heart. "I like playing big, strong men because I like to get inside their heads," he says. "Men are softer than they appear, regardless of how tough they are."

The English actor, 35, believes in being open about his emotional side—especially when he talks about his life with his family: wife Laura, 32, son Freddie, 5, and daughter Truly, 2. Tom and Laura revealed in April that Freddie was diagnosed with autism and is nonverbal. "We've got to speak up for the parents

COURTESY THE HOPPER FAMILY(2)

A Happy Team
"We throw love at the situation," says Laura (below, with Freddie, Truly and Tom in December).

that are going through this so they don't feel alone—because it can be a very lonely time," Tom says. "You have to trust each other and the journey. The right things will happen eventually, but it doesn't happen overnight. My son has autism, and he amazes me every day. His brain just works in a different way."

The longtime couple, who met just as Tom's career was taking off, are candid about the challenges they've faced. Tom, who grew up in the small town of Coalville, England, took a high school drama class on a whim and loved it, then studied acting in college. Inspired by Arnold Schwarzenegger, he recognized he could use his height to his advantage and bulked up to help him get noticed. It worked. Following small roles as soldiers and debt collectors, Tom landed his first big movie role in the 2009 thriller *Tormented* and met Laura, a Leicester-born actress and writer, at the film's premiere party in London. The couple married in 2014 and welcomed Freddie a year later.

When Freddie was 18 months old, Tom and Laura began to realize their son was different. "The first thing we noticed was Freddie wouldn't turn around for his name," Laura recalls. Adds Tom: "He'd properly engage. We would be able to talk to him and he'd respond, but it stopped." Laura says they "had to recognize the regression. Freddie could wave at one point and would repeat words occasionally, but it all started to stop."

When signs started to point to autism—Freddie was officially diagnosed in March—Tom and Laura threw themselves into research and educational courses but ultimately had to discover what's best for their son through "a lot of trial and error," says Tom. "The biggest thing for us was learning Freddie. We've had to figure out what works for him and what doesn't." They believe cutting out processed sugars, for example, has had a huge impact on Freddie's behavior. Also, he "likes to stim," (short for self-stimulatory behavior), says Laura. "He likes to flap his hands, chew things, he likes to regulate himself with sensory processing." While Freddie reminds Tom to "look for the little wins" and take joy from simple pleasures like "laughing, running, playing in the garden," Truly, who is neurotypical, also keeps him and Laura on their toes. "She's a Daddy's girl," says Laura. "Sassy little thing, she's going to walk all over Tom when she gets older."

With jobs that often require travel, spending extra time together during the COVID-19 pandemic has helped the Hoppers develop a greater appreciation for "how hard it is for each other when we're apart," Tom says. Right now they're focused on what lies ahead. "All we want is the best for our kids," he says. "We want to give Freddie the best possible future he can have." ●

His Rugged Roles

Black Sails

Playing a buff pirate on the Starz series required intense training. "I have never been in more pain," he says.

Game of Thrones

Hopper's Dickon Tarly—the brother of Samwell—met a fiery end in season 7 of the HBO hit.

The Umbrella Academy

Hopper plays the brooding Luther in the Netflix show, about a family of superheroes, returning July 31.

CLOCKWISE FROM TOP: EVERETT(2); MACALL B. POLAY

What Works for Our Family

While no two children with autism are the same, these choices have helped the Hoppers

1. Take Time to Process Your Child's Differences

"No matter how much you educate yourself, one of the hardest things is coming to terms with your child being different and not necessarily wanting to do the things that a neurotypical child would want to do," Laura says.

2. Try Eliminating Sugar

"Food really is medicine," says Tom. "There is a connection between the gut and the brain. We took Freddie off sugar, apart from certain fruits and honey. The difference was massive. It eliminated any aggression and is keeping [his moods] stable."

3. Allow Yourself a Break

"When Freddie can't communicate something, he can make a relentless noise," says Laura, admitting this can get frustrating. Tom adds, "So we've learned to recognize when we've reached a tipping point. We tag team, like, 'Go take five, I'll deal with this.'"

Is your teen missing meningitis B vaccination?

Even if they received a meningitis ACWY vaccine in the past, **millions of teens and young adults haven't been vaccinated against meningitis B (MenB), which requires a different type of vaccine.** Meningitis can spread from person to person through certain everyday behaviors, such as coughing, kissing, and living in close quarters.

Although meningitis B is uncommon, up to 1 in 5 survivors experience **long-term consequences**, such as limb loss.

Let's help protect them together, because missing MenB vaccination can mean missing out on a whole lot more.

Vaccination may not protect all recipients.

Ask your doctor if your teen is missing meningitis B vaccination

meningitisb.com

Actor Portrayal

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BEXBROC200032 June 2020
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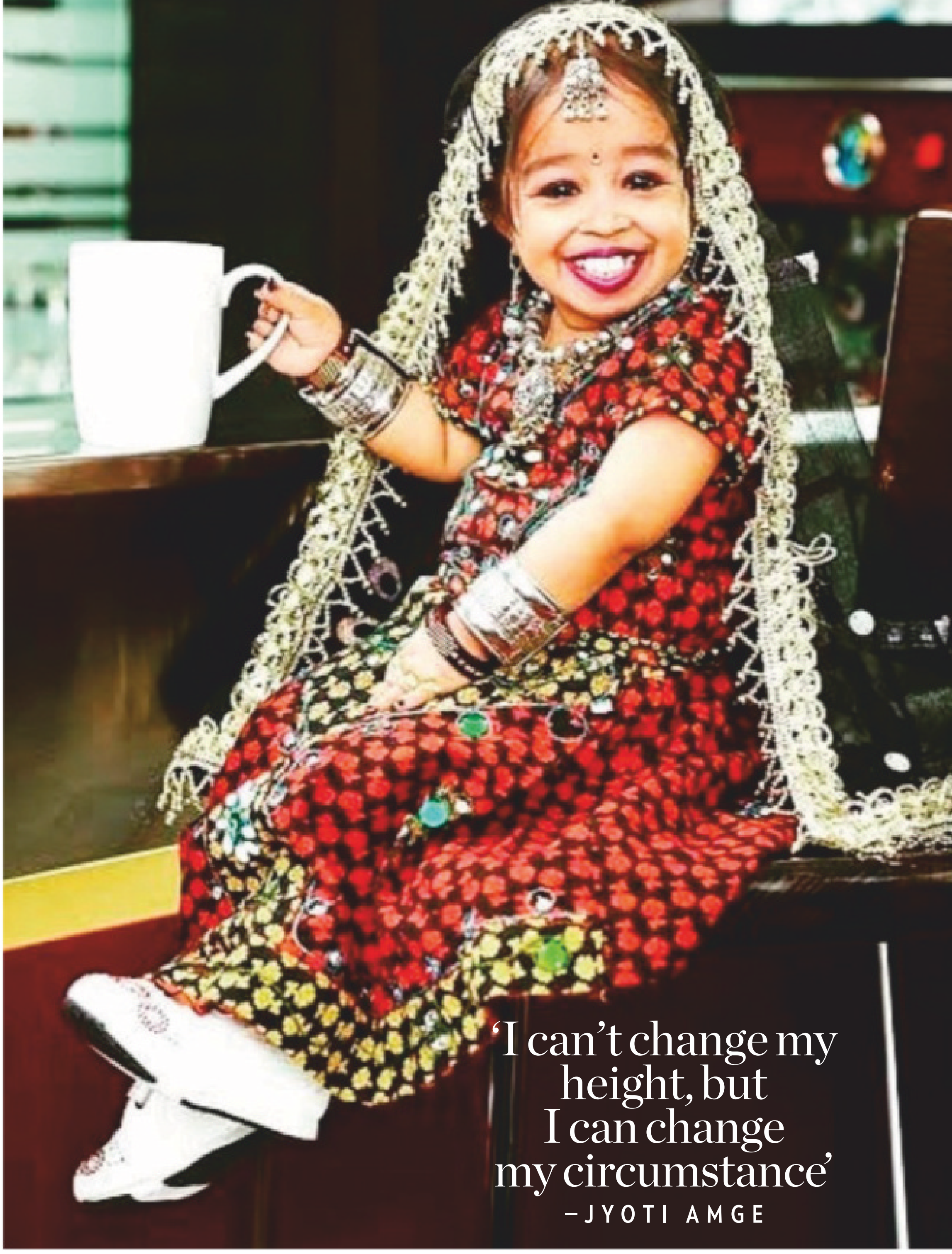
JYOTI AMGE

Meet the World's Shortest Woman

HOW THE INDIAN ACTRESS IS FOLLOWING HER DREAMS AND MAKING A NAME FOR HERSELF IN HOLLYWOOD



'I can't change my height, but I can change my circumstance'
—JYOTI AMGE

For as long as she can remember, Jyoti Amge has dreamed of a career in show business. The youngest of five siblings from Nagpur, India, Amge was born with primordial dwarfism, a rare genetic condition resulting in small body size and developmental abnormalities. When she was a child, out of concern for her safety, Amge's interactions with other children were limited, leading her to pursue other forms of entertainment. "I watched a lot of television and movies, and that ultimately led me to want to act—to be a part of it," says Amge, now 26.

Standing 2 ft. tall and weighing only 12 lbs., Amge was declared by Guinness World Records the world's shortest living woman on Dec. 16, 2011, her 18th birthday. In 2014 she used that recognition to land a role on *American Horror Story: Freak Show,* the fourth season of the popular FX horror anthology series. "It gave me a lot of fame in the United States," she says of portraying the traveling-sideshow employee Ma Petite. Now Amge has bigger goals in mind. "I hope to become successful in Hollywood," she says, "and one day be a star."

Her latest project is the TLC special *World's Smallest Woman: Meet Jyoti*. The documentary follows her as she explores career opportunities and American culture, including a rare night out in Pittsburgh for pizza and bowling. "I can't go out on my own due to my size," says Amge, who currently lives in Nagpur with her father, Kisanji, a businessman, and mother, Ranjana, a homemaker. "I always have one of my siblings or parents with me." An occurrence Amge *has* grown more accustomed to: being recognized in public. "I enjoy having so many fans," she admits. "Fame is fun."

—EMILY STROHM

↖
Big World
"God made me different, but I love the way I am," says Amge (top left, with managers Tim Bendig and James Mullen on the TLC special; above, on Instagram in May).

Family & Fame
Amge (with her parents, Kisanji and Ranjana, on Dec. 7, 2011, and, right, with *American Horror Story: Freak Show* costar Emma Roberts in 2014) says, "I want to become a great actress."

COUNTERCLOCKWISE FROM TOP RIGHT: COURTESY JYOTI AMGE; TLC; RICHARD GRANGE/BARCROFT INDIA/BARCROFT MEDIA/GETTY IMAGES

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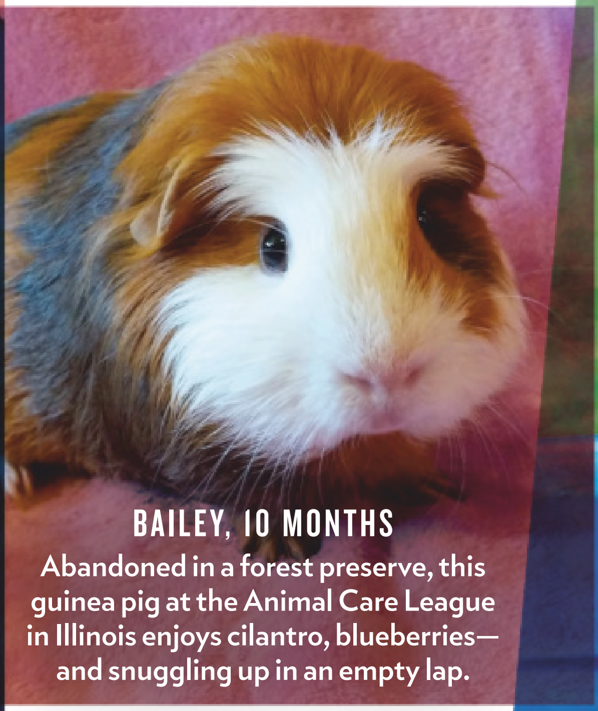
LEON, 1
At the Irving Animal Services in Texas, the pit-bull-terrier mix is described as a "happy-go-lucky guy."



BAILEY, 10 MONTHS
Abandoned in a forest preserve, this guinea pig at the Animal Care League in Illinois enjoys cilantro, blueberries—and snuggling up in an empty lap.

MADISON, 1
Staff at Pasadena Humane in California, say this pit-bull-terrier mix had a rough start in life but is a total "love ball and expert cuddler!"

CLOCKWISE FROM TOP LEFT: COURTESY IRVING ANIMAL SERVICES; COURTESY ANIMAL CARE LEAGUE; GLENN CAMHI/PASADENA HUMANE; COURTESY JERSEY SHORE ANIMAL CENTER; COURTESY ANIMAL CARE LEAGUE

Adopt These Adorable Pets!

THESE CUTIES—AND THOUSANDS MORE—ARE LOOKING FOR FOREVER HOMES AS PART OF THIS YEAR'S CLEAR THE SHELTERS CAMPAIGN *By* **JOHNNY DODD**

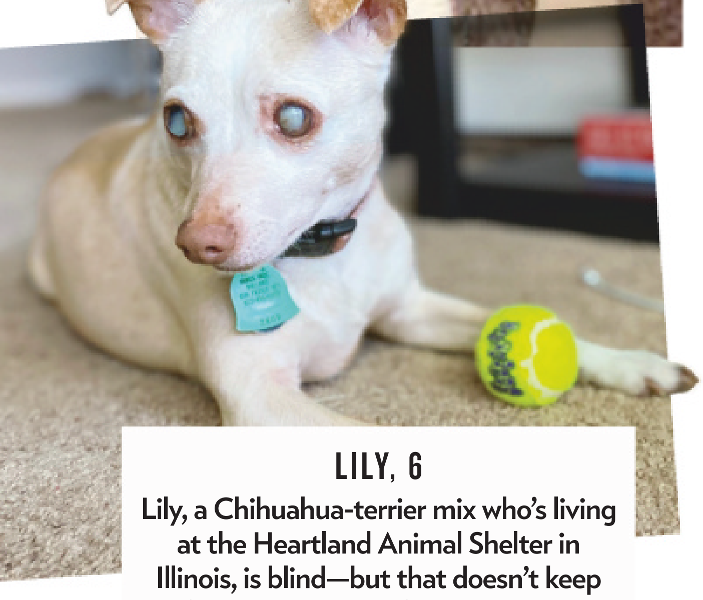
If you've considered adopting a four-legged friend during these "socially distant" months, now is the time. For the sixth year, NBC- and Telemundo-owned stations are partnering with greatergood.org to help thousands of shelter pets find loving homes through their Clear the Shelters campaign—which to date has found homes for more than 400,000 animals nationwide. "Adopting a pet is beyond worth it," says *New Amsterdam* star Ryan Eggold, who is hosting the *Clear the Shelters* TV special on Aug. 28 (check local listings). This year, because of the pandemic, adopters can see their perfect pet on virtual platforms hosted by WeRescue and 24petwatch.com that simplify the pet-adoption process—and offer access to more than a thousand shelters across the country. For more information, go to cleartheshelters.com.

NALA, 6 MONTHS
The pit-bull mix at the Animal Care League in Illinois loves other dogs and children—and is always ready with a happy welcome-home kiss.

GARFIELD, 9
This upbeat, loving tabby at the Jersey Shore Animal Center in New Jersey just needs a special diet for his thyroid condition.

MORE ADORABLE ANIMALS TO ADOPT!

TIGER, 4
The tabby, according to the Jersey Shore Animal Center, is an “excellent, chill partner” who loves laid-back dogs.



LILY, 6
Lily, a Chihuahua-terrier mix who’s living at the Heartland Animal Shelter in Illinois, is blind—but that doesn’t keep her from being “a playful, cuddly puppy.”

LIL BILL, 5
According to the Tree House Humane Society in Chicago, this domestic shorthair is looking for the perfect home—and the perfect lap where he can curl up and cuddle.

LEO, 7
This pit bull terrier aced his obedience-training courses—and loves to swim and hike, according to New York’s Adopt a Dog Inc.

TIPS FOR ADOPTERS

Be Prepared
Confirm in advance that your landlord allows pets, and make sure your existing pets’ vaccinations are up to date. “Shelters will call to check,” says Michelle Cole, chief sales and marketing officer for 24petwatch.com.

Look Past a Bad Photo
Don’t dismiss a pet because their photo isn’t “the cutest picture ever,” says Cole. Arrange to meet the animal in person.

Choose an Older Pet
Senior animals often need less training and are in need of being adopted.

Be Patient
Shelters are operating with reduced staffs right now, so it may take extra time for them to return your calls and emails.

QUARANTINE PALS
“She’s a lover. She loves to lie with you, sleep with you and just hang out,” says Eggold (at home with his rescue pit bull Jody).

Ryan Eggold: Stepping Up for Shelter Pets

Ryan Eggold can’t remember a time when he wasn’t sharing his life with a rescue animal. “Around the same time that I was born, my dad surprised my mom with a rescue dog,” says the 35-year-old *New Amsterdam* star of his four-legged childhood sidekick Bucks. “I grew up with rescues in the house.” So when NBC and Telemundo asked Eggold to be this year’s celebrity face for their Clear the Shelters campaign, he jumped at the chance. “They say rescue pets appreciate you more because they know you rescued them, and I do think that is true,” says Eggold, who has spent much of the past five months quarantining at his Los Angeles home with 12-year-old Jody, the rescue pit bull he adopted from a shelter in 2008. He credits her companionship with taking the edge off of being cooped up at home. “She’s just so sweet. It’s been great to have someone to play and hang out with during this pandemic,” he says. “If you’re going to be spending more time at home, it’s the best time to get a pet. You’ll have a whole new adventure to take on that will change your home life for the better.”

HOW TO DONATE: Not quite ready to adopt? You can make a donation to the CTS campaign or to the shelter of your choice at cleartheshelters.com.

CLOCKWISE FROM TOP RIGHT: COURTESY RYAN EGGOLD; COURTESY ADOPT A DOG INC; COURTESY TREE HOUSE HUMANE SOCIETY; COURTESY HEARTLAND ANIMAL SHELTER; COURTESY JERSEY SHORE ANIMAL CENTER

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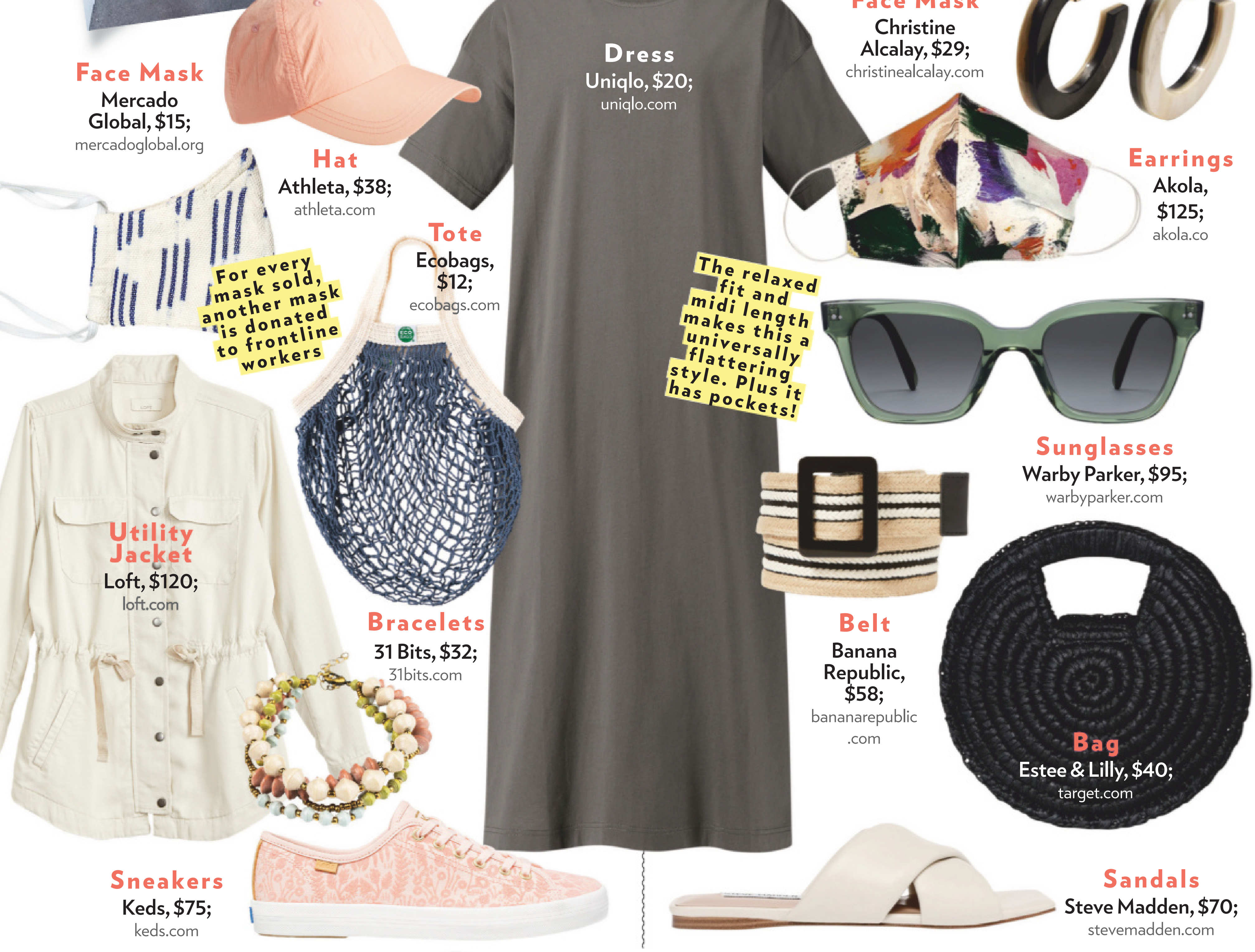

FOR RUNNING ERRANDS

Face Mask
Mercado Global, $15;
mercadoglobal.org

For every mask sold, another mask is donated to frontline workers

Hat
Athleta, $38;
athleta.com

Tote
Ecobags, $12;
ecobags.com

Utility Jacket
Loft, $120;
loft.com

Bracelets
31 Bits, $32;
31bits.com

Sneakers
Keds, $75;
keds.com

Dress
Uniqlo, $20;
uniqlo.com

FOR SOCIALLY DISTANCED DRINKS

Face Mask
Christine Alcalay, $29;
christinealcalay.com

Earrings
Akola, $125;
akola.co

The relaxed fit and midi length makes this a universally flattering style. Plus it has pockets!

Sunglasses
Warby Parker, $95;
warbyparker.com

Belt
Banana Republic, $58;
bananarepublic.com

Bag
Estee & Lilly, $40;
target.com

Sandals
Steve Madden, $70;
stevemadden.com

No-Mess 2020 Handbag Essentials

Moisturizing Hand Sanitizer
Yuni Keep It Clean, $7.50;
yunibeauty.com

Insect Repellent Wipes
Avon Bug Guard Plus Picaridin Towelettes, $16 (for eight);
avon.com

No-Spill Sunscreen
Supergoop! Glow Stick SPF 50, $25;
supergoop.com

By SARAH BALL

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BACK TO SCHOOL SPECIAL

Kid-Friendly Dinners—Ready in 30 Minutes or Less!

JOANNA GAINES

Margherita Pizza

'My kids love a simple at-home pizza night, especially when they get to customize their toppings,' the star says about her family's 'go-to' pick from the *Magnolia Table: Volume 2* cookbook

1	**lb. fresh store-bought pizza dough, at room temperature**
¼	**cup olive oil**
8	**oz. fresh mozzarella, thinly sliced**
2	**beefsteak tomatoes (8 oz. each), sliced**
½	**tsp. kosher salt**
½	**tsp. freshly ground black pepper**
¼	**cup fresh basil leaves**

1. Place a cast-iron pizza stone on the center rack of the oven and preheat the oven to 500°.

2. Stretch the dough into a 14-inch round on a sheet of parchment. Drizzle with the olive oil, and top evenly with the mozzarella and tomatoes. Sprinkle evenly with the salt and pepper.

3. Transfer the pizza and parchment to the hot pizza stone. Bake until the crust is golden and the cheese is beginning to brown in spots, 13 to 15 minutes.

4. Transfer the pizza to a cutting board, top with basil, and cut into slices.

Serves: 4

Active time: 15 minutes

Total time: 30 minutes

quick tip!

'We use an 8-in. pan at home, but whatever size pan you have will work fine,' says Gaines. 'Keep in mind that the smaller the pan, the thicker the crust!'

FOOD STYLIST: RISHON HANNERS; PROP STYLIST: AUDREY DAVIS; INSET: AMY NEUNSINGER

Photographs by JENNIFER CAUSEY

For more celebrity recipes, visit PEOPLE.COM/FOOD

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BACK TO SCHOOL SPECIAL

BROOKE WILLIAMSON

Chilled Ramen Noodles with Grilled Shrimp

'It has such a great combination of flavors that kids and adults will love,' says the winner of Bravo's *Top Chef* season 14 and Food Network's *Tournament of Champions*. 'Plus it's so fun to eat!'

- **2 (3-oz.) pkgs. instant ramen**
- **2 Tbsp. white miso**
- **1 Tbsp. sesame oil**
- **1 tsp. grated fresh ginger**
- **¼ cup rice vinegar**
- **3 Tbsp. honey**
- **2 Tbsp. soy sauce**
- **2 cups thinly sliced red or green cabbage (from 1 small cabbage)**
- **3 scallions, sliced (¼ cup)**
- **¼ cup loosely packed mixed fresh herb leaves (such as basil, mint and cilantro), large leaves torn**
- **1 lb. large peeled, deveined raw shrimp**
- **2 Tbsp. olive oil**
- **½ tsp. kosher salt**
- **⅛ tsp. black pepper**

1. Preheat grill or grill pan to medium high (400° to 450°). Bring a medium pot of water to a boil over high heat. Add ramen; cook 3 minutes. Drain, and run under cold water to chill. Set aside.
2. Whisk together miso, sesame oil and ginger in a large bowl until smooth. Add vinegar, honey and soy sauce; whisk to combine. Toss together ramen, cabbage, scallions and herbs in a large serving bowl. Add miso mixture; toss together.
3. Toss together shrimp, oil, salt and pepper in a medium bowl to combine. Place on unoiled grates; grill until cooked through, about 1 minute per side. Serve shrimp over ramen.
Serves: 4 **Active time:** 15 minutes
Total time: 20 minutes

INSETS, FROM TOP: NOMADIC REVERIE; IAIN BAGWELL

Make a Healthy After-School Snack!

Kale & Parmesan Popcorn

Preheat oven to 350°. On a baking sheet, toss together **1 bunch chopped kale** with **1 tablespoon olive oil** until completely coated. Spread the kale out in a single layer, and season with **kosher salt**. Bake until crispy, about 20 minutes. Let cool. Transfer kale to a food processor, and process for 1 minute, or until it forms a fine powder. Pour **10 cups freshly popped popcorn** (from ⅓ cup popcorn kernels) into a large bowl, drizzle with **2 tablespoons melted butter,** and sprinkle with the kale powder, ¼ **cup grated Parmesan cheese** and salt to taste. Toss to evenly coat.

BACK TO SCHOOL SPECIAL

TABITHA BROWN

Black-Bean Veggie Burgers with Crispy Potato Wedges

'When the world is hard enough, don't let food be part of the hardship,' says the popular TikTok food star. 'This recipe keeps it simple, easy and fun for everyone in the family'

5	**red potatoes (about 1 lb. total), cut into 1-in. wedges**
¼	**tsp. black pepper**
1½	**tsp. kosher salt, divided**
1	**tsp. garlic powder, divided**
5	**Tbsp. grape-seed or olive oil, divided**
1	**cup pecans**
4	**oz. white button mushrooms, halved**
½	**medium-size red bell pepper, coarsely chopped**
1	**cup packed fresh baby spinach**
1	**(15.5-oz.) can black beans, drained and rinsed**
1½	**tsp. soy sauce**
1	**tsp. salt-free seasoning blend (such as Mrs. Dash Original)**
½	**cup all-purpose flour**
4	**hamburger buns, lightly toasted**

1. Preheat oven to 450°. Place potato wedges on a large rimmed baking sheet. Sprinkle with black pepper, 1 teaspoon of the kosher salt and ½ teaspoon of the garlic powder; drizzle with 2 tablespoons of the grape-seed oil, and toss to coat. Spread potatoes in a single layer, and bake in preheated oven until browned and tender, about 30 minutes, turning wedges after 20 minutes.

2. Meanwhile, place pecans in a medium saucepan with water to cover. Bring to a boil over medium-high heat, and cook until softened, about 12 minutes. Drain well.

3. Place mushrooms, bell pepper and spinach in a food processor, and pulse until mixture resembles a fine chop or coarse crumbs, about 8 pulses. (Don't overprocess, or mixture will become mushy.) Transfer mushroom mixture to a medium bowl.

4. Add drained pecans and beans to food processor, and pulse until finely chopped, about 10 pulses. (Don't process mixture to a paste. Some small chunks are okay). Transfer to bowl with mushroom mixture; stir in soy sauce, seasoning blend, 1 tablespoon of the grape-seed oil and remaining ½ teaspoon kosher salt and ½ teaspoon garlic powder. Add flour, and stir until mixture begins to hold together. Shape into 4 (3-inch-wide) patties.

5. Heat remaining 2 tablespoons grape-seed oil in a large nonstick skillet over medium. Add patties, and cook until golden brown and cooked through, 3 to 5 minutes per side.

6. Place patties in split hamburger buns, and add your favorite toppings and condiments. Serve burgers with potato wedges on the side.

Serves: 4 **Active time:** 30 minutes
Total time: 30 minutes

quick tip!

If you have extra time, dry out the black beans a little to help prevent the burgers from getting mushy. Spread drained, rinsed beans onto a lined baking sheet, and bake at 350° for 15 minutes

INSET: LUC-RICHARD

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ERIN CLARKE

Baked Chicken & Avocado Taquitos

'Taquitos were my go-to meal as a kid,' says the author of *The Well Plated Cookbook* (available on Aug. 25). 'This version is hearty and healthy, and I feel great about making them any night of the week'

Cooking spray
2 (6-oz.) ripe avocados, peeled and pitted
1 (15-oz.) can lower-sodium pinto beans, drained and rinsed
½ cup prepared salsa, plus more for serving
2 Tbsp. fresh lime juice (from 1 lime)
½ tsp. kosher salt, plus more to taste
½ tsp. garlic powder
2 cups shredded rotisserie chicken (from 1 rotisserie chicken)
4 oz. preshredded pepper Jack or Monterey Jack cheese (about 1 cup)
12 (6-in.) whole-wheat flour tortillas
Sour cream, for serving

1. Preheat oven to 425°. Place 1 rack in the upper third and 1 rack in the lower third of oven. Generously coat 2 rimmed baking sheets with cooking spray.

2. Stir together avocados, pinto beans, salsa, lime juice, salt and garlic powder in a large bowl until well combined. Using a potato masher, lightly mash avocado mixture until mostly smooth but with some chunky bits. Fold in shredded chicken and cheese. Season with additional salt, if desired.

3. Spoon a scant ⅓ cup filling onto 1 tortilla just below center, spreading from left to right in a thick line and leaving about ½ inch uncovered at each end. Starting with edge parallel to filling, roll up each tortilla so that filling is tightly wrapped in the center. Place on prepared baking sheet, seam side down. Repeat with remaining filling and tortillas, dividing them between baking sheets and leaving 2 inches space between. Lightly spray tops of taquitos with cooking spray. Place 1 baking sheet on each rack in preheated oven.

4. Bake until filling is hot and bubbly and bottoms of taquitos start to brown, about 15 minutes, rotating baking sheets, top rack to bottom rack, halfway through bake time. Remove from oven, and flip each taquito, seam side up. Return baking sheets to oven, and bake until edges start to brown and bottoms of taquitos are browned, 5 to 8 more minutes. Serve immediately with sour cream and additional salsa.

Serves: 6 **Active time:** 15 minutes
Total time: 30 minutes

Dessert with an Avocado Twist!

Creamy Chocolate & Avocado Pudding

Save a few avocados from dinner to make this kid-pleasing, lusciously rich, 'good'-fat-filled treat. And don't worry, no one will taste even a hint of avocado flavor!

Put ½ **cup semisweet chocolate chips** in a small bowl, and place it over a small saucepan of barely simmering water. Stir until the chocolate is melted and smooth, about 3 minutes. Set aside to cool slightly. Place the melted chocolate, **4 chopped, very ripe (8 oz.) avocados, ½ cup agave syrup, ½ cup unsweetened cocoa powder, 1 tablespoon vanilla extract** and ¼ **teaspoon fine salt** in a food processor. Blend until smooth and creamy. Refrigerate for at least 3 hours before serving.

INSETS, CLOCKWISE FROM TOP: BECKY HARDIN; ISTOCKPHOTO/ GETTY IMAGES(2)

EDOUARDO JORDAN

Macaroni & Cheese with Crumbled Bacon

'This dish is fast, simple and foolproof,' says the James Beard Award-winning chef of Salare, Junebaby and Lucinda Grain Bar restaurants in Seattle

3½ cups uncooked elbow macaroni
1 (8-oz.) Camembert cheese round
3 Tbsp. unsalted butter
¼ cup all-purpose flour
1 cup whole milk
1 cup heavy whipping cream
½ tsp. smoked paprika
¼ tsp. kosher salt
3 oz. mild or sharp cheddar cheese, shredded (about 3 cups), divided
1½ oz. Parmesan cheese, grated (about ¼ cup plus 2 Tbsp.), divided
Cooking spray
4 slices crisp-cooked bacon, crumbled or sliced into thin strips

1. Bring salted water to a boil in a large pot over medium-high heat. Stir in pasta. Cook, stirring occasionally, until pasta is al dente, 8 to 9 minutes. Drain well, and set aside.
2. While pasta cooks, cut the rind from the Camembert cheese, and discard rind. Cut the Camembert into ½-inch cubes (about ⅔ cup). Set aside.
3. Melt butter in a medium saucepan over medium heat. Gradually whisk in flour, and cook, whisking constantly to keep lumps from forming, for 1 minute. Slowly add milk and cream, and continue to cook over medium heat, whisking constantly, until mixture is smooth and thickened, about 1 more minute. Remove from heat. Add Camembert cubes, paprika, salt, 2 cups of the cheddar and ¼ cup of the Parmesan cheese; stir until cheese is melted and completely incorporated.
4. Preheat oven to broil, with oven rack about 6 inches from heat. Add cooked pasta to cheese mixture, and gently stir to coat. Transfer mixture to a broiler-safe 9-inch-square baking dish lightly greased with cooking spray. Sprinkle remaining 1 cup cheddar cheese and 2 tablespoons Parmesan cheese over pasta mixture.
5. Broil until cheese on top is melted, bubbly and a little browned, 3 to 5 minutes. Remove from oven, and sprinkle with crumbled bacon.
Serve immediately.
Serves: 8 **Active time:** 20 minutes
Total time: 25 minutes

quick tip!

Fold in your family's favorite vegetables: 'This is easily adaptable, so add peas, ham, chopped bell peppers, spinach and collard greens—or whatever your or your kids' hearts desire!' says Jordan

INSET: SHANNON RENFROE

By ANA CALDERONE, SONAL DUTT *and* MARY HONKUS

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FOR ADULTS
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17 Across

Adore-able Singer

1	2	3	4	■	5	6	7	■	■	8	9	10
11				■	12			■	13			
14				■	15			■	16			
■	17			18				19				■
■	■	■	20			■	21			■	■	■
22	23	24			■	25				26	27	28
29			■	■	30			■	■	31		
32			33	34			■	35	36			
■	■	■	37			■	38			■	■	■
■	39	40				41				42	43	■
44				■	45			■	46			47
48				■	49			■	50			
51			■	■	52			■	53			

across

1 Crackle and Pop's pal

5 Treasure burier's drawing

8 Little lie

11 *The Bluest Eye* author Morrison

12 Silent film ___

13 Prospector's tunnel

14 Diane or Nathan

15 Motel units (abbr.)

16 "(You're) Having My Baby" singer Paul

17 "Lights Up" singer (2 wds.)

20 Old piece of animation art

21 Ed Sheeran's "What ___ Know?" (2 wds.)

22 "Sign of the ___" (17 Across hit)

25 2017 WWII film (17 Across's acting debut)

29 Author Levin or lyricist Gershwin

30 Carly ___ Jepsen

31 Radley in *To Kill a Mockingbird*

32 Elvis on 17 Across's childhood karaoke machine

35 TV host Corden for whom 17 Across once subbed

37 Poker-pot note

38 Gadot of *Wonder Woman*

39 Creator-judge of *The X Factor,* where 17 Across got his start (2 wds.)

44 *Lara Croft: ___ Raider* (film series starring Angelina Jolie)

45 McKellen who played Gandalf

46 Marvel Comics mutants (hyph.)

48 Opera solo

49 Metal-bearing rock

50 2014 fantasy film *___ the Woods*

51 Stiller or Kingsley

52 *Morning Edition* airer

53 Smudge on Santa

down

1 The Cardinals, on a scoreboard (abbr.)

2 Trevor of *The Daily Show*

3 Faris or Wintour

4 *James Bond* star Brosnan

5 *Devil Wears Prada* actress Streep

6 *A Farewell to ___*

7 Like a late library book (2 wds.)

8 *___ Line* (17 Across album)

9 Cartoonist's bottles

10 Arthur of *Maude*

13 17 Across's former One Direction bandmate Zayn

18 Hi-___ monitor

19 Hither's opposite

22 Kelly Clarkson's "___ of My Tongue"

23 Discount rack abbr.

24 Astronaut Jemison or actress West

25 *A Beautiful ___ in the Neighborhood*

26 Maker of Watson (computer on *Jeopardy!*)

27 Fish eggs

28 Bout enders, briefly

30 Survivor ___ (finale Q&A segment)

33 Mufasa's son in *The Lion King*

34 Elton's john

35 Teeth-holding bone

36 Bledel who played Rory Gilmore

38 Dead duck

39 Aching

40 Opposite of "fold" in poker (2 wds.)

41 Complain

42 Letters following K

43 Jared of *Suicide Squad*

44 Indenting key

47 Demi Lovato's "Sorry ___ Sorry"

Answers to last week's Puzzler

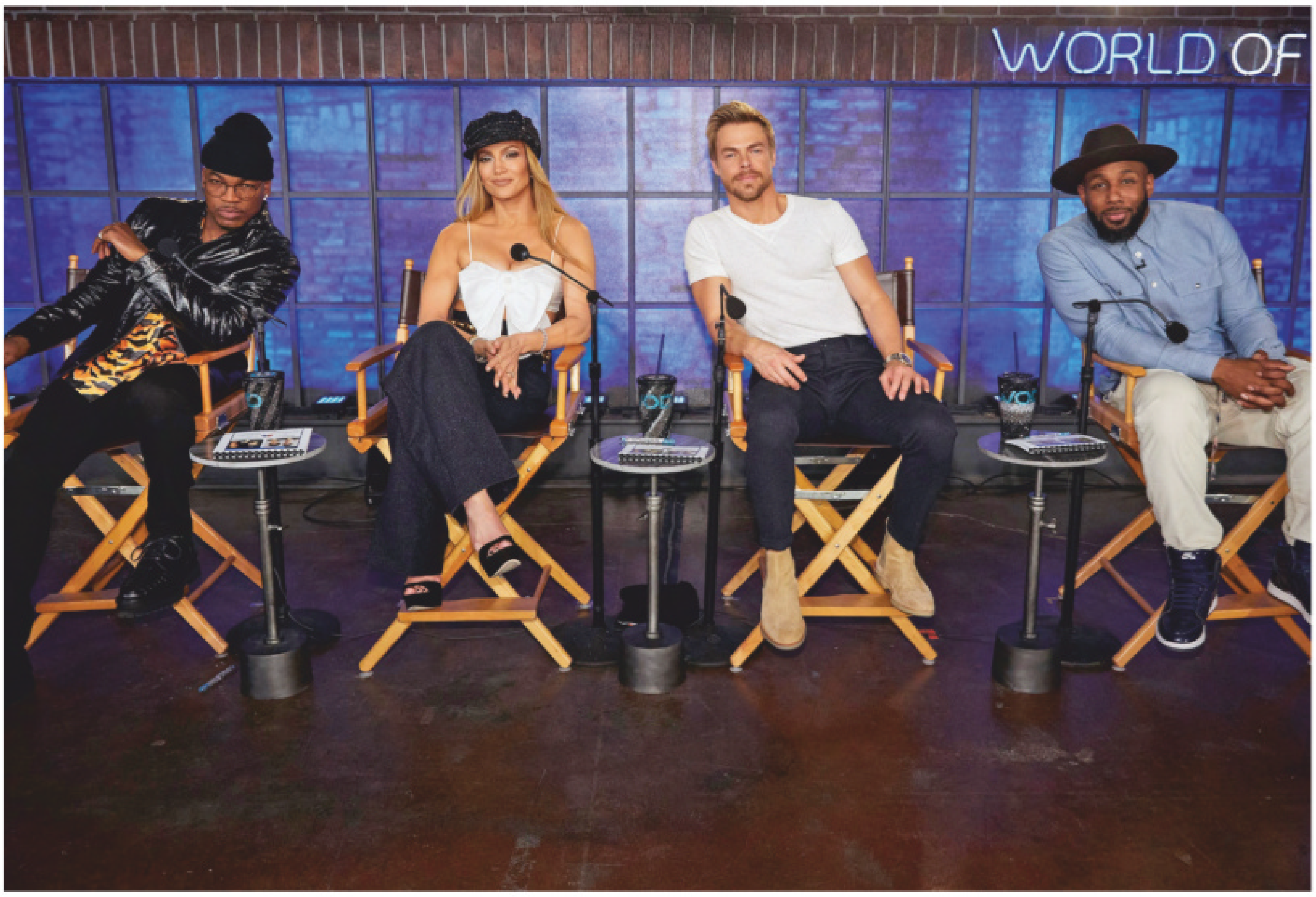
↓

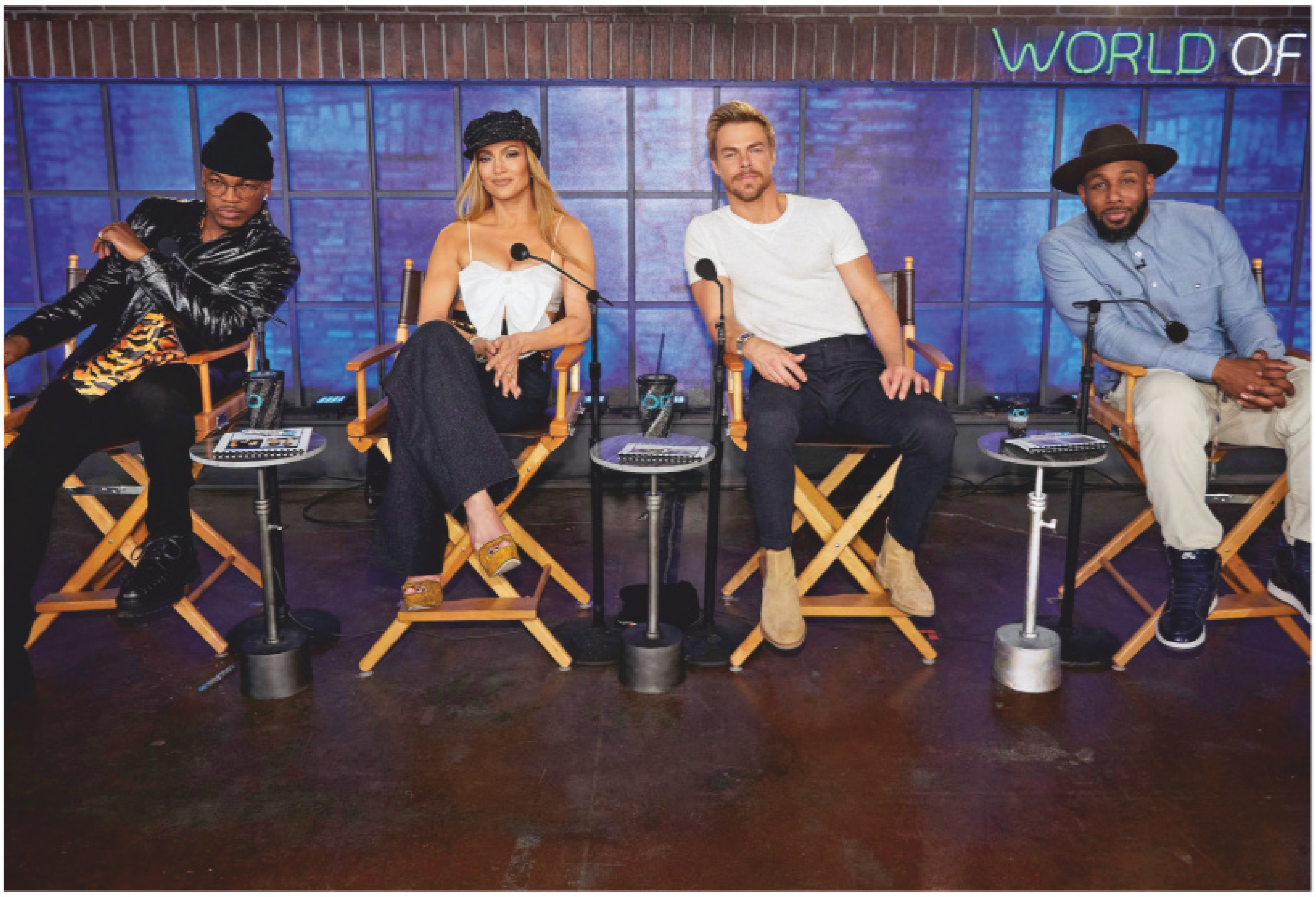
A	H	E	M	■	■	D	J	S	■	S	T	Y
L	A	V	A	■	S	E	A	T	■	T	A	U
E	G	A	D	■	P	E	S	O	■	A	X	L
■	■	■	A	L	I	S	O	N	B	R	I	E
M	A	D	M	E	N	■	N	E	L	■	■	■
A	B	E	■	S	A	W	■	S	A	L	E	M
R	O	S	S	■	L	I	D	■	H	E	R	O
C	O	K	I	E	■	G	A	D	■	N	I	N
■	■	■	Z	I	P	■	B	O	J	A	C	K
D	A	V	E	F	R	A	N	C	O	■	■	■
O	N	E	■	F	O	R	E	■	N	I	C	K
O	N	T	■	E	B	A	Y	■	E	R	I	E
M	A	O	■	L	E	T	■	■	S	E	A	N

DIA DIPASUPIL/FILMMAGIC

By PATRICK MERRELL

See if you can find the differences in these two pictures





In between filming TikTok videos with his wife, Allison Holker, dancer, choreographer and *Ellen DeGeneres Show* regular **Stephen "tWitch" Boss** (far right) joined **Ne-Yo, Jennifer Lopez** and **Derek Hough** at the *World of Dance* judges' table. Together they watched the NBC reality-competition show's remaining acts perform in head-to-head battles to decide who earned a place in the semifinals.

10

changes to keep score!

☐ ☐
☐ ☐
☐ ☐
☐ ☐
☐ ☐

1. Lopez's black shoes are now gold. **2.** The crystal-covered pen on the table between Hough and Lopez is now on the table between Ne-Yo and Lopez. **3.** One of Lopez's bracelets is gone. **4.** Hough's microphone is now angled upward. **5.** There's a gap in the metal grid behind Hough. **6.** Hough's watch is now on his other wrist. **7.** The metal hinge in the front of Hough's chair is missing. **8.** The table stand between Hough and tWitch is now silver. **9.** tWitch's cup is smaller. **10.** The neon "World" in the background is now green.

TRAE PATTON/NBC(2)

Dan Aykroyd

THE *GHOSTBUSTERS* ALUM, 68, NARRATES THE NEW TRAVEL CHANNEL SERIES *HOTEL PARANORMAL*

Last game I played Scrabble. My wife [Donna Dixon] is a champion-level player. We spend hours of the month playing it. I always lose to her.

Last thing I discovered about myself Just be quieter. Stop talking and listen and take counsel from those you love.

Last time I was starstruck Nelson Mandela, for sure. My three daughters and my wife were there, and we got to see him in his office. He was just warm and beautiful.

Last indulgence I keep Crystal Head Vodka [the brand he cofounded] in the freezer, so I do take the skull out and occasionally pour a cold shot or mix it with tangerine juice. That's been helping me to get through [the quarantine]. Everything in moderation.

Last time I danced On the lawn this morning, just to songs I made up. John [Belushi]'s brother Jimmy and I go on the road for Blues Brothers concerts, and I have to dance for that. But when I do it privately, I hope I'll never be caught.

Reported by
JULIE JORDAN

JEREMY KOHM

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